

DELIGHTS

FOR
LADIES,

TO
ADORN THEIR
Persons, Tables, Closets,
and *Distillatories.*

WITH
Beauties, Banquets, Perfumes
and *Waters.*

Read, Practice, and Censure.

LONDON,
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1647.

BE BRIGHT

TO

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TO



To all true lovers of Art and Knowledge.

Sometimes I write the formes of burning bals,
Supplying wants that were by wood fals wrong
Sometimes of tubs defended so by Art,
As fire in vain bath their destruction sought.
Sometimes I write of lasting Beverage.
Great Neptune and his pilgrims to content,
Sometimes of food, sweet, fresh, and durable,
To maintain life when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres, nor her hand-maid knew:
I write to all; but scarcely one beleeves,
Save Dive & Denshire: who have found them true
When heavens did mourn in cloudy mantles clad,
And threating famine to the sons of men:
When sobbing earth deny'd her kindly fruit
To painfull plow-men and bus hinds; even then
I writ relieving remedies of death,
That Art might help where nature made a faile.

The Epistle.

all in vain ; these new born babes of Art,
their untimely birth straightway do quail.
those or such like other new-found skils,
th painfull Pen I whilom wrote at large ;
pecting still my Countries good therein,
d not respecting labour, time, or charge.
t now, my pen and paper are perfum'd,
corn to write with coppresse or with gall :
baria's Canes are now become my quils :
se water is the inke I write withall.
sweets, the sweetest I will now commend,
sweetest creatures that the earth doth bear :
se are the Saints to whom I sacrifice
serves and Conserves of the Plum and Pear :
paling now a dieu : tush Marchpane wals
e strong enough, and best besit our age.
piercing bullets turn to Sugar bals,
e Spanish fear is husht, and all their rage.
Marmelade, and paste of Genua.
Musked sugar I intend to write,
Leach, of Sucket, and Quidivia,
ording to each Lady her delight.
each both fruits and flowers to preserve,
d candie them ; so Nutmegs, Cloves and Mace :
make both Marchpane paste and sug'red plate,
d cast the same in forms of sweetest grace.
th bird and fowle so moulded from the life ;

And

The Epistle.

And after cast in sweet compounds of Art,
As if the flesh and form which nature gave
Did still remain in every limb and part.
When crySTALL frost hath nipt the tender grape,
And clean consum'd the fruits of every Vine;
Yet here behold the clusters, fresh and faire,
Fed from the branch, or hanging on the line.
The walnut, small Nut, and the Chesnut sweet,
Whose sug'd kernels lose their pleasant taste,
Are here from yeare to yeare preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomigranate, with the Barberry,
No sugar us'd, yet colour, taste, and smell
Are here maintain'd and kept most naturally.
For Ladies Closets, and Distillatories,
Both waters, ointments, and sweet smelling ba
In easie terms, without affected speech,
I here present most ready at their calls.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrong
Or parching Phœbus with his looser rayes,
For these likewise relieving means I sought.
No idle thoughts or vain surmised skill,
By fancie fram'd within a theoricke brain,
My Muse presents unto your sacred ears;
To win your favours falsely I disdain.

The Epistle.

From painfull practice, from experience,
Found, though costly, mysteries derive :
Through fiery flames in scorching Vulcan's forge,
Teach and finde each Secret I do strive.
Accept them well, and let my wearied Muse
Pose her selfe in Ladies laps a while :
When she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.

H. PLAT



Good Reader, for the understanding of this Table, know, that a, b, c, d, do give directions unto the four severall Parts or Treatises of this Book: (a) for the first, the rest in their order

THE TABLE.

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	Almond butter to make	a. 57
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	Alliger distilled	b. 16
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	Aqua composita of D. Stevens	b. 8
	Artichokes kept long	a. 69

The Table.

B

B Ags sweet to lie among linnen	d. 35
Ball to take out stains	d. 3
Ball to wash with	d. 8
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Beaumanger	c. 11
Beefe roasted kept long	c. 18
Beefe powdered kept long without charge	c. 19
Beefe fresh at the sea	c. 20
Beauty for the face	d. 7. 14
Bisket-bread, or French bisket	a. 19
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Bisket called Biskettello	a. 21
Bloud of herbs	b. 22
Borage candied	a. 11
Boiling of Beer truly	c. 7
Bottles mustie helped	c. 28
Bottle Ale most excellent	c. 32
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Broom-capers preserved	a. 27
Broyling without smoak	c. 26
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Butter tasting of spice or flowers	a. 21
Cakes	

The Table.

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Cakes sweet without spice or sugar a. 6

Candying of flowers a. 9, 53

Candying in rock candy a. 33, 42

Candying of Orenge pils a. 35

Candles for Ladies Tables c. 39

Candles hanging in the aire c. 40

Capers of broome preserved a. 37

Capon boyled in white broth c. 5

Casting in sugar plate a. 13

Casting in sugar in party moulds a. 43

Casting and moulding of fruit a. 44

Cherries preserved a. 8

Cherry-pulp kept dry all the yeare a. 45

Cherries dryed in the Sun a. 46

Cheese extraordinary c. 22

Chefnuts kept long a. 73

Chilblanes helped a. 15

Chine of veale or chicken boiled c. 10

Cinamon water b. 10

Collis white and like gelly a. 55

Comfits of all sorts a. 54

Conserues of Prunes or Damsons a. 50, 51

A 5

Conserve

The Table.

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Cray-fish kept long	c. 31
Cream clouted	c. 23
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D Amask powder	d. 19
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Damson pulp kept all the yeere	a. 45
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E Glantine water	b. 20
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F

F Ace spotted or freckled to help	d. 6, 23
Face made faire	d. 7, 14
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Face	

The Table.

Face kept white and cleere	d. 12
Fish into paste	c. 14
Fish fried kept long	c. 17
Flesh kept sweet in Summer	c. 24
Flie kept from oyle peeces	c. 30
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Flowers candied	a. 9, 11
Flowers in rock candie	a. 41
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The Table.

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The Table.

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Leach	a. 59
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Limons moulded and cast	a. 44
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Mallard to boyle	c. 6
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Marigold paste	a. 40
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The Table.

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N

N utmegs in rock candy	a. 33, 43
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O

O ranges preserved	a. 34
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The Table.

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Peares kept dry	a. 47
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Pomander to make	d. 4
Pomander renewed	d. 32
Pomatum most excellent for the face	d. 13
Pomegranates kept long	a. 68
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The Table.

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Quinces kept dry all the yeare	a. 47
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R	
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Roots preserved	a. 1
Roots candied	a. 53
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Rose leaves to dry	a. 36
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Rose	

The Table.

Rose water and oyle drawn together
b. 35

Rose water of the colour of the Rose
c. 34

Rose vinegar of the colour of the
Rose
c. 16.

Rose vinegar made in a new manner
c. 41

S

Sallet oyle purified and graced in
taste and smell
c. 36

Salmon kept long fresh
c. 16

Salt of herbs
b. 12

Salt delicate for the table
c. 38

Sawledges of Polonia
c. 14

Sirup of Violets.
a. 4

Sirup of Roses
a. 5

Skin white and cleare
d. 3

Sparrowes to boyle
c. 4

Spirit of wine extraordinary
b. 1

Spirit of wine ordinary
b. 2

Spirits of spices.
b. 3

Spirit of wine tasting of any Vege-
table
b. 4

Spirit of hony
b. 13

Spirit of herbs and flowers
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Sun-

The Table.

Sun burning helped	d. 22
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T

T Eale to boyle	c. 6
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Thyme distilled in a new manner	b. 11
Troffes for the sea	a. 39

V

V Inegar distilled	b. 16
Vinegar to clarifie	c. 37
Violet syrup	a. 4
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Violet	

The Table.

Violet water, or Vinegar of the cc-
 lour of the Violet c. 34
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W Afers to make a. 56
 Walnuts in sucker a. 49
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 Washing water sweet b. 21. d. 2, 28, 29
 Whites of eggs broken speedily c. 29
 Wigen to boyle e. 6
 Wine raising of Wormwood, made
 speedily e. 33

Y

Y Tch helped. d. 25

FINIS.

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The Art of Preserving, Conserving, Can- dying, &c.

*I. How to preserve Eringo roots, Enk-
la Campana, and so of others
in the same manner.*

S Eethe them till they be ten-
der; then take away the piths
of them, and leave them in
a colander, till they have
dropped as much as they
will: then having a thinne syrup
ready, put them, being cold, into
the syrup being also cold, and let
them stand so three dayes, then
boyle the syrup (adding some more
fresh syrup to it, to supply that
which the roots have drunk up) a
little higher, and at three dayes end,
boile the syrup againe without any
new addition, unto the full height
of a preserving syrup, and put in your
rootes, and so keep them. Rootes
preserved

The Art of preserving,

preserved in this manner, will eate very tender, because they never boyled in the syrup.

2. How to make Muske Sngar of common Sugar.

BRuise foure or six grains of Musk, place them in a piece of Sarcenet, fine Lawne or Cambrick doubled: lay this in the bottome of a gally-pot, strewing your Sugar thereon: stop your pot close, and all the Sugar in a few dayes will both sent and taste of Musk; and you may lay more Sugar thereon, when you have spent that Sugar, which will also receive the like impression. Such Musk-sugar is sold for two shillings the pound.

3. How to dry Rose leaves in a most excellent manner.

When you have newly taken out your bread, then put
in

Conserving candying, &c.

in your Roses in a sieve, first clipping away the whites, that they may be all of one colour: lay them about one inch in thicknesse in the sieve; and when they have stood halfe an houre or thereabout, they will grow whitish on the top - let them yet remain without stirring, till the uppermost of them be fully dried: then stirre them together, and leave them about one other halfe houre; and if you finde them dry in the top, stirre them together againe, and so continue this worke untill they be thorowly dried: then put them, hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within, (the Refiners of gold and silver call these pots Hookers) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neere a continuall fire, and so they will keep exceeding faire in colour, and most delicate in sent. And if
you

The Art of preserving,

you feare their relenting, take the Rose leaves about Candlemas, and put them once again into a sieve, stirring them up and down often till they be dry; and then put them up againe hot into your pot.

Note, that you must set up your oven-lid, but not lute it about when you set in your Rose leaves, either the first or second time. *Post numero 6.*

4. A most excellent Syrup of Violets, both in taste and tincture.

EXpresse the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water, put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest sugar

Conserving, candying, &c.

gar and brought also into a most fine powder: let the same stand ten or twelve houres in a clean glased earthen pan: then drain away the clearest, and put it into a glasse, and put thereto a few drops of the juice of Limons, and it will become cleere, transparent, and of the violet colour. Then you may presse more juice into the sugar, which will settle in the bottome with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good syrnp of violets, but not comparable to the first. By this manner of worke you gaine one quarter of syrnp more then divers Apothecaries doe.

5. A singular manner of making the syrnp of R ses.

Fill a silver bason three quarters full of rain water or Rose water; put therein a convenient proportion
B of

The Art of preserving,

of Rose leaves : cover the bason, and set it upon a pot of hot water (as wee usually bake a custard : in three quarters of an houre, or one whole houre at the most, you shall purchase the whole strength and tincture of the Rose : then take out those leaves, wringing out all their liquor gently, and keepe more fresh leaves in the same water : continue this iteration seven times, and then make it up in a syrup, and this syrup worketh more kindly then that which is made meerly of the juicc of the Rose. You may make sundry other syrups in this manner. *Quere* of hanging a pewter head over the bason, if the ascending water will be worth the keeping.

6. Another way for the drying of Rose leaves.

DRy them in the hear of an hot sunny day upon a Leads, turning them

Conserving, candying, &c.

them up and downe till they be dry,
(as they doe hay) then put them up
into glasses well stopt and luted,
keeping your glasses in warme places,
and thus you may keep all flowers:
but herbs after they are dried in
this manner, are best kept in paper
bags, placing the bags in close cup-
boards.

7. How to preserve whole Roses, Gilliflowers. Mari- golds, &c.

Dip a Rose that is neither in the
bud, nor over-blown, in a syrup
consisting of sugar double refined, &
Rose water boyled to his full height,
then open the leaves, one by one,
with a fine smooth bodkin, either
of bone or wood, and presently, if
it be a hot sunny day, and whilest
the Sun is in some good height, lay
them on papers in the Sun, or else
dry them with some gentle heat in

The Art of preserving,

a close roome, heating the roome before you set them in, or in an oven upon papers in pewter dishes: and then put them up in glasse, and keep them in dry cupboards neere the fire: you must take out the seeds, if you mean to eat them. You may prove this, preserving with sugar-candy in stead of sugar, if you please.

8. The most kindly way to preserve Plums, Cherries, Goose- berries, &c.

YOU must first purchase some reasonable quantity of their owne juice, with a gentle heate upon embers, in pewter dishes, dividing the juice still as it cometh in the stewing: then boyle each fruit in his own juice, with a convenient proportion of the best refined sugar.

9. How

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9. How to candy Rosemary flowrs, Rose leaves, Roses, Marigolds, &c. with preservation of colour.

Dissolve refined or double refined sugar, or sugar. candy it selfe, in a little Rose-water: boill it to a reasonable height: put in your roots or flowers when your syrup is either fully cold, or almost cold; let them rest therein till the syrup have pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose syrup to run from them so long as it will, boyle that syrup a little more, and put in more flowers, as before; divide them also: then boyle all the syrup which remaineth, and is not drunk up in the flowers, to the height of *Manna Christi*, putting in more sugar, if you see cause, but no more Rose water; put your flowers therein when your syrup is cold, or almost cold, and let them stand till they candie.

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10. *A most delicate and stiffe suga-
paste, whereof to cast Rabbits, Pige-
ons, or any other little bird or beast,
either from the life, or carv'd molds.*

First, dissolve Isinglasse in fair wa-
ter, or with some Rose water in
the latter end, then beat blanched Al-
monds, as you would for Marchpane
stufte, and draw the same with cream
and Rose water (milk will serve, but
cream is more delicate), then put
therein some powdered sugar, into
which you may dissolve your Isin-
glasse, being first made into gelly, in
fair warm water (note, the more Isin-
glasse you put therein, the stiffer your
work will prove), then having your
Rabbits, Woodcocks, &c. moulded
either in plaister from life, or else car-
ved in wood (first anointing your
wooden moulds with oyle of sweete
Almonds, and your plaister or stone
moulds with barrowes grease) poure
your sugar paste thereon.

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A quart of cream, a quarterne of Almonds, two ounces of Isinglasse, and four or six ounces of sugar is a reasonable good proportion for this stuffe. *Quere* of moulding your birds, rabbits, &c. in the compound wax, mentioned in my *Jewell house*, in the title of the *Art of moulding and casting*, page 60. for so your moulds will last long.

You may dredge over your fowle with crums of bread, Cinamon and sugar boyled together, and so they will seeme as if they were roasted and breaded. Leach and gelly may be cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thin as you please: it lasteth not long, and therefore it must be eaten within a few dayes after the making thereof. By this meanes a banquet may be presented in the forme of a supper, being a very rare and strange device.

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11. *To candy Marigolds, Roses, Borrage
or Rosemary flowers.*

BOil sugar and Rose water a little upon a chafing-dish with coals: then put the flowers (being thorowly dried, either by the Sun, or on the fire) into the sugar, and boyle them a little: then strew the powder of double refined sugar upon them, and turne them, and let them boil a little longer, taking the dish from the fire: then strew more powdered sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lie not in the Sun.

12. *To make an excellent Marchpane
paste to print off in moulds for
banqueting dishes.*

TAke to every Jordan Almond
blanched, three spoonsfulls of
the

Conserving, candying, &c.

the whitest refined sugar you can get; scarce your sugar; and now and then, as you see cause, put in two or three drops of Damask Rose water, beat the same in a smoothe stone mortar, with great labour, untill you have brought it into a dry stiffe paste; one quartern of sugar is sufficient to work at once.

Make your paste in little balls, every ball containing so much by estimation as will cover your mould or print; then rowle the same with a rowling pin upon a sheet of clean paper, without strewing any powdered sugar either upon your paste or paper.

Therr is a Country Gentlewoman, whom I could name, which venteth great store of Sugar-cakes made of this composition. But the only fault which I finde in this paste, is, that it tasteth too much of the sugar, and roo little of the Almonds; and therefore you may prove the making thereof by such Almonds

The Art of preserving,

which have had some part of their oyle taken from them by expreffion, before you incorporate them with the fugar, and fo haply you may mix a greater quantity of them with the fugar, becaufe they are not fo oyley as the other.

You may mix Cinamon or Ginger in your pafte, and that will both grace the tafte, and alter the colour; but the Spice muft paffe thorow a faire fcarce; you may fteep your Almonds in cold water all night, and fo blanch them cold; and being blanched, dry them in a fieve over the fire. Here the garble of Almonds will make a cheap pafte.

13. The making of fugar plate, and cafting thereof in carved moulds.

TAKE one pound of the whitest refined or double refined fugar, if you can get it; put thereto three ounces (some Confit-makers put

Conserving, candying, &c.

put six ounces for more gaine) of the best starch you can buy; and if you dry the sugar after it is powdered, it will the sooner passe thorow your Lawne Searce. Then searce it, and lay the same on a heap in the midst of a sheet of cleane paper, in the middle of which masse put a pretty lump of the bignesse of a Walnut of Gum Dragagant, first steeped in Rose water one night, a porrenger full of Rose water is sufficient to dissolve an ounce of Gum (which must first be well picked, leaving out the droffe,) remember to strain the Gum thorow a canvas, then, having mixed some of the white of an egge with your strained Gum, temper it with the sugar betwixt your fingers by little and little, till you have wrought up all the sugar and the Gumme together into a stiffe paste; and in the tempering, let there be alwayes some of the sugar betweene your fingers and the Gumme; then dust
your

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your wooden moulds a little with some of that powdered sugar throw a piece of Linnen, or fine linnen cloth : and having driven out with your rowling pin a sufficient portion of your paste to a convenient thicknesse, cover your mould therewith, pressing the same downe into every hollow part of your mould with your fingers : and when it hath taken the whole impression, knock the mould on the edge against a table, and the paste will issue forth with the impression of the mould upon it : or, if the mould be deep cut, you may put the point of your knife gently into the deepest parts here and there, lifting up by little and little the paste out of the mould.

And if in the making of this paste you happen to put in too much gum you may put more sugar thereto; and if too much sugar, then more gum ; you must also work this paste into your moulds as speedily as you can

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can after it is once made , and before it harden ; and if it grow so hard that it crack , mixe more gum therewith ; cut away with your knife from the edges of your paste , all those pieces which have no part of the worke upon them , and worke them up with the paste which remaineth ; and if you will make sawcers , dishes , bowles , &c. then (having first driven your paste upon paper , first dusted over with sugar , to a convenient largenesse and thicknesse) put the paste into some sawcer , dish , or bowle of a good fashion , and with your finger presse it gently downe to the insides thereof , till it resemble the shape of the dish ; then pare away the edges with a knife even with the skirt of your dish or sawcer , and set it against the fire , till it be dry on the inside : then with a knife get it out , as they use to doe a dish of butter , and dry the back-side : then gild it on the edge with the white of an egge laid round about

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about the brim of the dish with a pencil, and presse the gold downie with some corren; and when it is dry, skew or brush off the gold with the foot of an Hare or Cony. And if you would have your paste exceeding smooth, as to make cards, and such like conceits thereof, then roul your paste upon slicked paper with a smooth and polished rowling pin.

14. A way to make Sugar-plate both of colour and taste of any flower.

TAke Violets, and beat them in a mortar with a little hard sugar, then put into it a sufficient quantity of Rosewater, then lay your gum in steep in the water, and so work it into paste, and so will your paste be both of the colour of the Violet, and of the smell of the Violet. In like sort may you work with Marigolds, Cowslips, Primroses, Buglosse, or any other flower.

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15. To make paste of Nouie.

TAke a quarter of a pound of Valentian Almonds, otherwise called the small Almonds, or Barbary Almonds, and beat them in a mortar till they come to paste; then take stale manchet being grated, and dry it before the fire in a dish; then sift it; then beat it with your Almonds; put, in the beating of it, a little Cinnamon, Ginger, and the juice of a Limon, and when it is beaten to perfect paste, print it with your moulds, and so dry it in an oven after you have drawne your bread, this paste will last all the yeare.

16. To make Fumhols.

TAke halfe a pound of Almonds, being beaten to paste, with a short cake being grated, and two eggs, two ounces of carroway-seeds, being
beaten

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beaten, and the juice of a Limon : and being brought into paste, roule it into round strings : then caste it into knots, and so bake it in an oven : and when they are baked, Ice them with Rose water and sugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the oven, and let them stand in a little while, and they will be iced cleane over with a white ice ; and so box them up, and you may keep them all the yeare.

17. *To make a paste to keep you moist. if you list not to drink oft ; which Ladies use to carry with them when they ride abroad.*

TAKE halfe a pound of Damaske Prunes, and a quartern of Dates; stone them both, and beate them in a mortar with one Warden being roasted, or else a slice of old Marmelade;

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lode; and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serve it in a banquet.

18. To make a Marchpane.

TAke two pound of Almonds, being blanch'd and dryed in a sieve over the fire: beat them in a stone mortar; and when they be small, mixe them with two pound of Sugar being finely beaten, adding two or three spoonfulls of Rose water, and that will keep your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it in a bottome of wafers; then raise up a little edge on the side, and so bake it: then ice it with Rose water and sugar: then put it into the oven againe, and when you see your ice is risen up and dry, then take it out of the oven, and garnish it
with

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with pretty conceits, as birds and beasts, being cast out of standing moulds. Stick long Comfits upright in it: cast biskets and carrowayes in it, and so serve it: gild it before you serve it: you may also print off this Marchpane paste in your moulds for banqueting dishes, and of this paste our Comfit-makers at this day make their letters, knots, marks, Escutcheons, beasts, birds, and other fancies.

19. *To make bisket-bread, otherwise called French bisket.*

TAke halfe a peck of fine flower, two ounces of Coriander-seeds, one ounce of Annis-seeds, the whites of foure eggs, halfe a pint of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but blood warme, then bake it in a long roule as big as your thigh: let it stay in the oven but one houre, and when it is a day old, pare it, and slice it

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it overthwart, then sugar it over with fine powdered sugar, and so dry it in an oven again, and being dry, take it out, and sugar it again, then box it, and you may keep it all the yeare.

20. To make Prince biskets.

TAKE one pound of very fine flower, and one pound of fine sugar, and eight eggs, and two spoonfuls of Rose water, and one ounce of Carroway-seeds, and beat it all to batter one whole hour, for the more you beat it, the better your bread is, then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keep it.

21. To make another kinde of bisket. called biskettello.

TAKE halfe an ounce of Gum dragagant, dissolved in Rose water

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Rose water with the juice of a Limon, and two graines of Muske: then strain it thorow a fair linnen cloath, with the white of an egge: then take halfe a pound of fine sugar being beaten, and one ounce of Carroway-seeds, being also beaten and searced: and then beat them altogether in a mortar till they come to paste; then roule them up in small loaves about the bignesse of a small egge: put under the bottome of every one a picce of a wafer, and so bake them in an oven upon a sheet of paper; cut them on the sides as you doe a manchets, and prick them in the midst: when you break them up, they will be hollow and full of eyes.

22. To make Ginger bread.

TAke three stale manchets, and grate them: dry them and sift them thorow a fine sieve: then adde unto

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unto them one ounce of Ginger, being beaten, and as much Cinamon, one ounce of Liquorice & Anniseeds being beaten together, and searced halfe a pound of sugar: then boyle all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thinne, and put it into your mould: dust your moulds with Cinamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentle-mens houses at festi-
vall times. It is otherwise called dry Leach.

23. To make dry Ginger-bread.

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolks of two new laid egges, the juice of a
Limon

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Limon, and two graines of Muske, beat all these together till they come to a paste : then print it with your moulds: and so dry it upon papers in an oven after your bread is drawn.

24 To make puffle-paste.

TAKE a quart of the finest flower, and the whites of three eggs, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad, then put on small pieces of butter, as big as nuts, upon it: then fold it over; then drive it abroad again; then put small pieces of butter upon it as you did before, do this ten times, alwayes folding the paste, and putting butter betweene every fold. You may convey any pretty forced dish, as Florentine, Cherry-tart, Rice, or Pippins, &c. betweene two sheets of that paste.

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25. To make paste short without butter.

TAke a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake Manchet; then take the yolks of two or three eggs, and a pint of cream, and make paste; put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or suet. In like sort, when you make Sugar-cakes, bake your flower first.

26. To make crySTALL gelly.

TAke a knockle of Veale, and two Calves feet (your Calves feet being flayed and scalded) and boyle them in fair spring water; and when they are boyled, ready to eat, you may save your flesh, and not boyle it to pieces; for if you doe so, the gelly will looke thick: then take a quart of the cleereſt
of

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of the same broth, and put it into a posnet, adding thereunto Ginger, white Pepper, six whole Cloves, one Nutmeg quartered, one graine of Muske; put all these whole spices in a little bag, and boile them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose water; so let it run thorow your gelly-bag; and if you meane to have it look of an amber colour, bruise your spices, and let them boyle in your gelly loose.

27 To make Leach of Almonds.

TAke halfe a pound of sweet Almonds, and beat them in a mortar; then strain them with a pinte of sweet milk from the cow; then put to it one grain of musk, two spoonfuls of Rose water, two ounces of fine sugar the weight of three whole shillings of Ilinglasse that is very white, and

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and so boyle them : then let all run thorow a strainer, then you may slice the same, and so serve it.

28 To make Quidinia of Quinces.

TAKE the kernels out of eight great Quinces, and boyle them in a quart of spring water till it come to a pint; then put into it a quarter of a pint of Rose water, and one pound of fine sugar, and so let it boy'e till you see it come to be of a deepe colour; then take a drop, and drop it on the bottome of a sawcer, and if it stand, take it off; then let it run thorow a gelly-bagge into a bason : then set on your bason upon a chafin-dish of coales to keepe it warme; then take a spoone, and fill your boxes as full as you please, and when they be cold, cover them : and if you please to print it in moulds, you must have moulds made to the bignesse of your box, and wet your moulds with Rose water, and so let
C it

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run into your mould ; and when it is cold, turn it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mul-berries, Raspis-berries, or any such tender fruit.*

TAKE your berries, and grind them in an Alabaster Morter with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rose water, and so boyle it in a posnet with a little piece of Isinglasse, and let it run thorow a fine cloth into your boxes, and so you may keep it all the yeare.

30. *To make paste of Genna of Quinces.*

TAKE Quinces, and pare them, and cut them in slices, and bake
h m

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them in an oven dry in an earthen pot, without any other juice then their own: then take one pound thereof, strain it, and put it into a stone mortar with halfe a pound of Sugar; and when you have beaten it up to paste, print it in your moulds, and dry it three or foure times in an oven after you have drawn bread. and when it is thorowly dry and hardened, you may box it, and it will keepe all the yeare.

31. To make Marmelade of Quinces. or Damsons.

WHen you have boyled your Quinces or Damsons sufficiently, strain them; then dry the pulp in a pan on the fire, and when you see there is no water in it, but that it beginneth to be stiffe, then mix two pound of Sugar with three pound of pulp: This Marmelade will be white Marmelade. And if you desire to have it looke with

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an high colour : put your Sugar and pulp together so soone as your pulp is drawn, and let them both boile together, and so it will look of the colour of ordinary Marmelade, like unto a stewed Warden ; but if you drie your pulp first, it will look white, and take lesse sugar : and you shall know when it is thick enough by putting a little into a sawcer, letting it coole before you box it.

32. To make sucket of Lettuce stalkes.

TAke Lettuce stalkes, and pill away the out-sides, then parboyle them in faire water ; then let them stand all night dry, then take halfe a pint of the same liquor, and a quarter of a pint of Rose water, and so boile it to syrup ; and when your syrup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your syrup to make them take sugar, and then the next day your
syrup

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syrup will be weake again: then boile it again, and take out your roots. In the like sort you may keepe Orenge pils, or green Walnuts, or any thing that hath the bitternesse first taken from it by boyling in water.

33. To candy Nutmegs, or Ginger with an hard rock candy.

TAke one pound of fine sugar, and eght spoonfulls of Rose water, and the weight of six pence of Gumme Aribique that is cleere, boyle them together to such an height, as that dropping some thereof out of a spoone, the syrup do rope and run into the smallnesse of an haire: then put it into an earthen pipkin, wherein place your Nutmegs, Ginger, or such like: then stop it close with a sawcer, and lute it well with clay, that no aire may enter: then keepe it in an hot place three weeks, and it will candy hard.

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You must break your pot with an hammer, for otherwise you cannot get out your candie. You may also candie Orengees or Limons in like sort, if you please.

34. To preserve Orengees after the Portugall fashion.

TAke Orengees, and core them on the side, and lay them in water; then boil them in fair wauer till they be tender; shift them in the boiling to take away their bitterneffe, then take sugar, and boil it to the height of syrup, as much as will cover them, and so put your Orengees into it, and that will make them take sugar. If you have 24 Orengees, beat eight of them till they come to paste, with a pound of fine sugar; then fill every one of the other Orengees with the same, and so boile them again in your syrup: then there will be Marmelade of Orengees within your Orengees, and it will cut like an hard egge.

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35. To candy Orenge pils.

TAke your Orenge pils after they be preserved; then take fine sugar and Rose water, and boyle it to the height of *Manus Cb ist*; then draw thorow your sugar, then lay them on the bottome of a sieve, and dry them in an oven after you have drawne bread, and they will be candied.

*36. To preserve Cowcumbers
all the yeare.*

YOU may take a gallon of faire water, and a pottle of verjuice, and a pint of bay salt, and an handfull of green Fennell or Dill: boyle it a little, and when it is cold, put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keepe them all the yea^re.

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37. *To preserve Broom-capers
all the yeare.*

BOile a quart of verjuice, and an handfull of bay salt, and therein you may keep them all the yeer.

38. *To colour sugar-plate with
severall colours.*

YOU may mixe Roses with your fine searced sugar untill the colour please you, and so shall you have a faire murry colour. Sap-greene must be tempered in a little Rose water, having some Gum first dissolved therein, and so lay it on with a pen-sill upon your paste in apt places: With Saffron you may make a yellow colour in the like manner, first drying and powdering your Saffron; and after it hath coloured the Rose water sufficiently, By straining it thorow fine linnen. The powder of Cinamon maketh a Walnut colour,
and

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and Ginger and Cinamon together a lighter colour.

39. To make Trosses for the sea.

FI R S T make paste of sugar and Gutu dragagant mixed together, then mix therewith a reasonable quantity of the powder of Cynamon and Ginger ; and if you please , a little Muske also , and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative vomit , or other medicine into sugar paste.

40. To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.

SHred, or rather powder the drie Sleaves of your flower , putting thereunto some fine powder of Ginger and Cynamon , and a little Muske, if you please , mixe them all

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contusedly together : then dissolve some sugar in Rose water, and being boiled a little, put some Saffron therein if you worke upon Mari-golds, or else you may leave out your Saffron : boile it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dried in a dish over a chafing dish of coales ; then powre it upon a trencher, being first sprinkled over with Rose water, and with a knife worke the paste together. Then break some Sugar-candie small, but not to powder, and with Gumme Diagigant fasten it heere and there, to make it seem as if it were Roch candied : cut the paste into pieces of what fashion you list, with a knife first wet in Rose water. In Liquorice paste you must leave out the pap of the pippin, and then worke your paste into dry rowles. Remember to searce the Lipuorice thorow a fine seare. These reuls
are

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are very good against any cough or cold.

*41. To make Marmelade of Limons
or Orenge.*

TAke ten Limons or Orenge,
and boile them with halfe a do
zen Pippins, and so draw them thorow
a strainer : then take so much sugar
as the pulp doth weigh, and boyle it
as you doe Marmelade of Quinces,
and then box it up.

*42. How to candie Nutmegs, Ginger,
Mace, and flowers in half a day,
with hard or rock candy.*

LAy your Nutmegs in steepe in
common lee made with ordinary
ashes, twenty four hours ; take them
out, and boile them in fair water
till they be tender, and so take out
the lee ; then dry them, and make
a syrup of double refined sugar, and
a little Rose water, to the height
of

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of a *Manus Christi* : place this syrup in a gentle balneo , or some small heate , putting your Nutmegs into the syrup. Note, that you must skum the Sugar as it casteth anyskumme, before you put in your Nutmegs ; then having sugar-candy first brui sed grossely , and scarced thorow colanders of severall bignesse , take the smallest thereof , and roule your Nutmegs up and downe therein , cyther in a dish or upon cleane paper : then stove your Nutmegs in a cupboard with a chafing-dish of coales , which must bee made hot of purpose , before you set them in : and when they are drie enough , dip them againe in fresh syrup boyled to his height, as before , and roule them in the grosser sugar-candy, & then stove them againe till they bee hard, and so the thyrd time, if you will increase their candy. Note, that you must spend all the sugar which you dissolve at one time with candying of one thing or other therein

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therein presently. The stronger that your lee is, the better ; and the Nutmeg, Ginger, &c. would lie in steepe in the lee ten or twelve dayes, and after in the syrup of Sugar in a stove or cupboard, with a chafing-dish and coales one whole weeke, and then you may candie them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stoving, as before : only they must bee put into the stove after they are coated, with your powdered sugar-candy. And those flowers of fruites, as they are suddenly done, so they will not laste above two or three dayes faire ; and therefore only to bee prepared for some set banquer.

34. Casting of sugar in party moulds of wood.

LAY your moulds in faire water three or foure houres before you

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you cast, then dry up your inward moisture with a cloath of linnen, then boyle Rose water and refined sugar together, but not to any great stiffnesse; then pour it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also work the past, *sicut ante numero 12. 13.* into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mould together two or three times, and after take away the crest that will arise in the midst. And to make the sides to cleave together, you may touch them first over with Gum dragant dissolved, before you presse the sides of the mould together. Note, that you may convey Comfits within, before you close the sides. You may cast off any of these mixtures or
pastes

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pastes in Alabaster moulds, moulds:
from the life.

44. *To mould off a Limon, Orenge, Pear,
Nut, &c. and after to cast it hol-
low wⁱhin of sugar*

Fill a wooden platter halfe full of
sand, then presse downe a Li-
mon, Pear, &c. therein, to the just
halfe thereof: then temper some
burnt Alabaster with faire water, in
a stone or copper dish of the big-
nesse of a great silver boule, and cast
this pap in your sand, and from
thence clap it upon the Limon,
Peare, &c. pressing the pap close un-
to it. Then after a while take out
this halfe part with the Limon in
it, and pare it even in the insides, as
neer as you can, to make it resemble
the just halfe of your Limon, then
make two or three little holes in the
halt (viz. in the ledges thereof) laying
it down in the sand again, and so
cast

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cast another halfe unto it, then cut off a peece of the top of both your partie moulds, and cast thereto another cap, in like manner as you did before. Keepe these three parts bound together with tape, till you have cause to use them : and before you cast, lay them alwaies in water, and dry up the water again before you poure in the sugar. Colour your Limon with a little saffron steeped in Rose water. Use your sugar in this manner : Boile refined, or rather double refined sugar and Rosewater to his full height, *viz.* till by pouring some out of a spoone, it will run at the last as fine as a hayre : then taking off the cap of your mould, poure the same therein, filling up the mould above the hole, and presently clap on the cap, and presse it downe upon the sugar, then swing it up and downe in your hand, turning it round, and bringing the neather part sometimes to bee the upper part in the turning ; and *è converso*. This
is

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is the manner of using an Orange, Limon, or other round mould : but if it be long, as a Pigs foot will be, being moulded, then roule it, and turne it up and downe long wayes in the aire.

45. *How to keepe the dry pulp of Cherries, Prunes, Damsons &c. all the yeare.*

YOU may take of those kinde of Cherries that are sharp in taste, (*Quere* if the common blak and red Cherry will not also serve, having in the end of the decoction a little oyle of Vitriol, or Sulphur, or some verjuice of sower grapes, or juice of Limons mixed therewith, to give a sufficient tartnesse :) pull off their stalkes, and boile them by themselves without the addition of any liquer, in a caldorn or pipkin ; and when they begin once to boyle in their
owne

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own juice, stir them hard at the bottom with a spattle, least they burn to the pans bottom. They have boyled sufficiently when they have cast off all their skins, and that the pulp and substance of the Cherries is grown to a thick pap :- then take it from the fire, and let it cool ; then divide the stones and skins by passing the pulp only thorow the bottome of a strainer reserved, as they use in *Cassia fistula*; then take this pulp and spread it thin upon glazed stones or dishes, and so let it drie in the Sun , or else in an oven presently after you have drawn your bread : then loose it from the stone or dish, and keep it to provoke the appetitè, and to cool the stomach in Fevers, and all other hot diseases. Prove the same in all manner of fruit. If you feare adustion in this worke, you may finish it in hot balneo.

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46. How to dry all manner of Plums or Cherries in the Sun.

IF it be small fruit, you must dry them whole, by laying them abroad in the hot Sun, in stone or pewter dishes, on iron or brasce pans, turning them as you shall see cause. But if the plums be of any largenesse, slit each Plum on the one side, from the top to the bottome; and then lay them abroad in the Sun: but if they be of the biggest sort, then give every Plum a slit on each side; and if the Sun do not shine sufficiently during the practice, then dry them in an oven that is temperately warme.

47. How to keepe Apples, Peares, Quinces, Wardens, &c. all the yeare dry.

PAre them, take out the coares, and slice them in thin slices, laying

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laying them to dry in the Sunne in some stone or metalline dishes, or upon a high frame covered with course canvas, now and then turning them; and so they will keepe all the yeare.

48. To make greene Ginger upon syrup.

TAke Ginger one pound, pare it cleane, steep it in red wine and vinegar equally mixed, let it stand so twelve dayes in a close vessell, and every day once or twice stirre it up and downe: then take of wine one gallon, and of vinegar a pottle; seethe all together to the consumption of a moiety or halfe: then take a pottle of cleane clarified honey, or more, and put thereunto, and let them boile well together then take halfe an ounce of Saffron finely beaten, and put it thereto, with some sugar, if you please.

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49. To make sucket of green Walnuts.

TAke Walnuts when they are no bigger then the largest hasell nut: pare away the uppermost green, but not too deep; then see the them in a pottell of water till the water be sodden away: then take so much more of fresh water, and when it is sodden to the halfe, put thereto a quart of vinegar, and a pottle of clarified honey.

50. To make conserve of Prunes or Damsons.

TAke ripe Damsons, put them into scalding water, let them stand a while, then boyle them over the fire till they breake, then strain out the water thorow a colander, and let them stand therein to coole: then straine the Damsons thorow the colander, taking away the stones
and

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and skins, then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boyle them well to a stiffenest: , ever stirring them up and down; and when they be almost sufficiently boyled, put in a convenient proportion of Sugar: stir all well together, and after put it in your gally pots.

51. To make conserve of Strawberries.

First seeche them in water, and then cast away the water, and straine them, then boile them in white-wine and work as before in Damsons, or else straine them, being ripe: then boyle them in wine and sugar till they be stifte.

52. Conserve of Prunes or Damsons made another way.

TAke a pottle of Damsons, prick them, and put them into a por,
putting

Conseruing candying, &c.

putting thereto a pint of Rose water or wine, and cover your pot: let them boyle well: then incorporate them by stirring; and when they be tender, let them cool, and strain them with the liquor also: then take the pulp, and set it over the fire, and put thereto a sufficient quantity of sugar, and boyle them to their height or consistency, and put it up in gally-pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any roots or flowers.

TAKE a quarter of a pound of the best refined Sugar, or Sugar-candy which you can get, powder it, put thereto two spoonefulls of Rose water, dip therein your Nutmegs, Ginger, rootes, &c. being first sodden in faire water till they bee soft and tender: the oftner you dip them in your syrrup, the thicker the candy will bee,
but

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but it will be the longer in candy-
ing: your sirup must be of such stiff-
nesse, as that a drop thereof being let
fall upon a pewter dish, may congeal
and harden, being cold. You must
make your syrurp in a chafing-dish of
coals, keeping a gentle fire. After your
syrup is once at his full height, then
put them upon papers presently into
a stove, or in dishes: continue fire
some ten or twelve dayes, till you
finde the candy hard, and glistering
like diamonds: you must dip the red
Rose, the Gilliflower, the Marigold,
the Borrage-flower, and all other
flowers but once.

*54. The art of Comfit-making teaching
how to cover all kinds of seeds,
fruits or spices with
sugar.*

First of all you must have a deepe
bottomed bason of fine cleane
brasse or latten, with two eares of
iron to hange it with two severall
cords

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cords over a Bason or Earthen pan with hot coales.

You must also have a broad pan to put ashes in, and hot coles upon them.

You must have a clean latten bason to melt your Sugar in, or a faire brasen skiller.

You must also have a fine brasen ladle to let run the Sugar upon the seeds

You must also have a fine brasen slice to scrape away the Sugar from the hanging bason, if need require.

Having all these necessary vessels and instruments, work as followeth :

Chuse the whitest, finest, and hardest Sugar, and then you need not to clarifie it, but beat it only into fine powder, that it may dissolve the sooner.

But first make all your seeds very clean, and dry them in your hanging bason.

D

Take

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Take for every two pound of sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your Comfits will be great enough : and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will be faire and large.

And halfe a pound of Annis-seeds with two pound of sugar will make fine small Comfits.

You may also take a quarrer and a halfe of Annis-seeds, and three pound of sugar ; or halfe a pound of Annis-seeds, and foure pound of sugar. Do the like in Coriander-seeds.

Melt your sugar in this manner: *viz.* Put three pound of your powder sugar into the bason, and one pint of cleane running water thereunto : stirre it well with a brazen slice, untill all be moist and well wet : then set it over the fire, without smoake or flame, and melt it well, that there be no whole gristv

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gristy sugar in the bottome, and let it see the mildly untill it will streame from the ladle like Turpentine with a long streame, and not drop: when it is come to his decoction, let it see the no more, but keep it upon hot embers, that it may run from the ladle upon the seeds.

To make them speedily, let your water be seething hot, or seething, and put powder of sugar to them: cast on your sugar boyling hot: have a good warme fire under the hanging bason.

Take as much water to your sugar as will dissolve the same.

Never skim your sugar if it be clean and fine.

Put no kind of Starch or Amylum to your sugar.

See the not your sugar too long: for that will make it black, yellow, or tawny.

Move the seeds in the hanging bason as fast as you can or may;

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when the sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and also move the bason, move, stir and rub the seeds with thy lefe hand a pretty while, for they will take Sugar the better, and dry them well after every coat.

Doe this at every coate, not onely in moving the bason, but also with the stirring of the Comfits with the left hand, and drying the same; thus doing you shall make good speede in the making: for, in every three houres you may make three pound of Comfits.

And as the Comfits doe increase in greatnesse, so you may take more Sugar in your ladle to cast on. But for plaine Comfits, let your Sugar be of a light decoction last, and of a higher decoction first, and not too hot.

For crispe and ragged Comfits, make your Sugar of an high decoction, even as high as it may run
from

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from the ladle, and let it fall a foot high or more from the ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the sugar as they will upon a light decoction, and they will keepe their raggednesse long. This high decoction must serve for eight or ten coats in the end of the worke, and put on at every time but one spoonfull, and have a light hand with your bason, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar, will make great, huge, and big Comfits.

See that you keep your Sugar alwayes in good temper in the bason, that it burne not into lumps or gobbets: and if your Sugar be at any time too high boyled, put in a spoonfull or two of water, and keepe it warily with the ladle, and let your fire alwayes

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be without smoake or flame.

Some commend a ladle that hath a hole in it, to let the sugar run thorow of an height: but you may make your Comfits in their perfect forme and shade onely with a plaine ladle.

When your Comfits be made, set your dishes with your Comfits upon papers in them before the heate of the fire, or in the hot Sun, or in an oven after the bread is drawne, by the space of an houre or two, and this will make them to be very white.

Take a quarter of a pound of Annis-seeds, and two pound of sugar, and this proportion will make them very great: and even a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small sticks, being drie, and beware you wet it not: for that deadeth the Cinamon,

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mon : and then worke as in other Comfits. Doe this with Orange rindes likewise.

Work upon Ginger, Cloves, and Almonds as upon other seeds.

The smaller that Annis-seed Comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske dissolved in a little water, one scruple : mingle all these together in the hanging bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and drie it well : doe this often, untill they be as great as Peppy seeds, and give in the end three or foure coats of a light decoction, that they may be round and plaine : and with an high decoction you may make them crispe.

You must have a course searce made for the purpose with haire, or with parchment full of holes, to

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part and divide the Comfits into severall sorts.

To make paste for Comfits, Take fine grated bread foure ounces, fine elect Cinamon powdered halfe an ounce, of fine Ginger powder one dram, Saffron powder a little, white Sugar two ounces, and a few spoonfuls of Borage-water; seethe the water and the Sugar together, and put to the Saffron; the first mingle the crummes of bread and the Spices well together, drie them, put the liquor scalding hot upon the stuffe, and being hot, labour it with thy hand, and make bals and other forms thereof, dry them, and cover them as Comfits.

Coriander seeds two ounces, Sugar one pound and a halfe, maketh very fair Comfits.

Annis-seeds three ounces, Sugar halfe a pound; of Annis-seeds two ounces, and sugar fix ounces, will make fair Comfits.

Every dramme of fine Cinomon
will

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will take at the least a pound of Sugar for biskets, and likewise of Sugar or Ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder scarced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of Sugar to make your biskets fair.

Carrowaies will be faire at twelve coats.

Put into the Sugar a little Amylum dissolved for five or six of the last coates, and that will make them exceeding crispe: and if you put too much Amilum or Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar mixed with Gum dragagant, put no kind of Amylum; beware of it, for it will make the worke clammy.

To make red Comfits, see the three

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or four ounces of brazell with a little water; take of this red water foure spoonfulls, of sugar one ounce, and boile it to his decoction: then give six coats, and it will be of a good colour; or else you may turn so much water with one dram of Turnesole, doing as before.

To make green Comfits, see the sugar with the juice of beets,

To make them yellow, see the Saffron with sugar.

In making of Comfits, alwayes when the water doth see the, then put in your sugar powder, and let it see the a little, untill it be cleane dissolved, and boyled to his perfect decoction and that the whiteneſſe of the colour be cleane gone: and if you let it settle, you shall see the sugar somewhat cleere.

For biskets, take two spoonfulls of liquor; of sugar searced in a course searce, one dram; and of sugar powder to be molt and cast, one ounce. This done, will make the biskets
some

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loine what fair, and some what greater then Poppy-seeds.

Aliter : Take sugar powder, foure drams ; sugar to cast, foure ounces, with liquor sufficient : lay gold or silver on your Comfits.

Every dram of sugar powder will take an ounce of sugar to be cast : eight drams make an ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound, sugar three pound ; Coriander-seeds halfe a pound, sugar three drams, will make fair Comfits.

For biskets, Annis-seeds halfe a pound, Fennel-seeds a quarter of a pound, and sugar two pound sufficeth.

In six or eight of the last coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar take nine ounces of water.

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*55. To make a cullis as white as snow,
and in the nature of gelly.*

TAke a Cock, scald, wash and draw him cleane, seethe it in white wine, or Rhenish wine, scum it clean, clarifie the broth after it is strained: then take a pint of thick and sweet cream, strain that to your clarified broth, and your broth will become exceeding fair and white: then take powdered Ginger, fine white Sugar, and Rose-water, seething your cullis when you season it, to make it take the colour the better.

56. To make Wafers.

TAke a pint of flower, put into it a little cream with two yolks of eggs and a little Rose water, with a little seared Cinamon and Sugar, work them all together, and bake the paste upon hot irons.

57 To

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57. To make Almond butter.

BLanch your Almonds, and beat them as fine as yon can with fair water, two or three houres, then strain them thorow a linnen cloath, boyle them with Rose water, whole Mace, and Annis-seeds, till the substance be thick: spread it upon a faire cloath, drayning the whey from it, after let it stand in the same cloath some few houres, then strain it, and season it with Rose water and Sugar.

*58. A white gelly of
Almonds.*

TAke Rose water, Gum dragant dissolved, or Isinglas dissolved, & some Cinamon grossely beaten, see the them altogether; then take a pound of Almonds, blanch and beat them fine with a little faire water, drie them in a fair cloth: and put
your

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your water aforesaid into the Almonds, see the them together, and stirre them continually, then take them from the fire when all is boiled to a sufficient height.

59. To make Leach.

See the a pinte of cream, and in the see theing put in some dissolved I-singlasse, stirring it till it bee very thick: then take a handfull of blanched Almonds, beate them and put them in a dish with your cream, seasoning them with sugar, and after slice it, and dish it.

60. Sweet Cakes without either spice or sugar.

SCrape or wash your Parſneps clean, slice them thin, dry them upon canvas or net-work frames, beat them to powder, mixing one third thereof with two thirds of fine wheat flower:

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flower : make up your paste into coars, and you shall finde them very sweet and delicate.

*61. Roses and Gilliflowers
kept long.*

COver a Rose that is fresh and in the bud, and gathered in a faire day, after the dew is ascended, with the whites of eggs well beaten, and presently strew thereon the fine powder of searced sugar, and put them up in luted pots. setting the pots in a cool place, in sand or gravell : with a fillip at any time you may shake off this inclosure.

*62. Grapes growing all the
yeere.*

Put a vine stalke thorow a basket of earth in December, which is likely to beare Grapes
that

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that yeare, and when the grapes are ripe, cut off the stalks under the basket (for by this time it hath taken root) keep the basket in a warme place, and the grapes will continue fresh and faire a long time upon the Vine.

63. *How to dry Rose leaves, or any other single flowers, without wrinkling.*

IF you would performe the same well in Rose leaves, you must in Rose time make choice of such Roses as are neither in the bud, nor full blowne (for these have the smoothest leaves of all other) which you must especially cull and chuse from the rest; then take right Callis sand, wash it in some change of waters, and drie it thorowly well, either in an oven, or in the Sun; and having shallow, square, or long boxes of foure, five, or six inches deep, make first an even lay of sand in the bottome, upon which

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which lay your Rose leaves one by one, (so as one of them touch another) till you have covered all the sand, then strow sand upon those leaves till you have thinly covered them all ; and then make another lay of leaves as before , and so lay upon lay, &c. Set this box in some warme place in a hot sunny day, (and commonly in two hot sunny dayes they will be thorow drie) then take them out carefully with your hand without breaking. Keep these leaves in jarre glasses bound about with paper neere a chimney or stove, for feare of relenting. I finde the red Rose leafe best to be kept in this manner : also take away the stalkes of pansies , stock-gilliflowers , or other single flowers, prick them one by one in sand , pressing downe their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves and other flowers , to lay about your basons, windowes, &c. all the winter

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ter long. Also this secret is very requisite for a good Simplifier, because hee may dry the leafe of any herb in this manner, and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learn to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes hanging upon lines within a close presse, will last till Easter. If they shrink, you may plump them up with a little warme water before you eat them. Some use to dip the ends of the stalks first in pitch: some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot, and after hanging them within a presse or cupboard, which would stand in such a roome (as I suppose)

Conse, ving, candying, &c.

suppose) where the grapes might not freeze : for otherwise you must be forced now and then to make a gentle fire in the room, or else the Grapes will rot and perish.

65. How to keep walnuts a long time plump and fresh.

MAke a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, and upon them make another lay of stampings, and so one lay upon another, till your vessell be full wherein you mean to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. An excellent conceit upon the kernels of dry walnuts.

GAther not your Walnut, before they be full ripe, keep them with
out

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out any art untill New-yeares tide, then break the shells carefully, so as you deface not the kernels : (and therefore you must make choise of such Nuts as have thin shells) whatsoever you finde to come away esily, remove it: steep these kernells in conduit water forty eight houres, then will they swell, and grow very plump and faire, and you may pill them easily, and present them to any friend you have for a New-yeares gift : but being pilled, they must be eaten within two or three houres, or else they lose their whitenesse and beauty; but unpilled, they will last two or three dayes faire and fresh. This of a kind Gentle woman, whose skil I doe highly commend, and whose case I doe greatly pittie; such are hard fortunes of the best wits and natures in our dayes.

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67. How to keep Quinces in a most excellent manner.

MAke choise of such as are sound, and gathered in a fair, dry, and sunny day, place them in a vessell of wood containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any bad scum, after a day or two take it off: every ten or twelve dayes let out your penny ale at a hole in the bottome of your vessell, stop the hole, and fill it up again with fresh penny ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitsontide, did taste more daintily then any of those which are kept in our usuall decoctions or pickles.

Also if you take white wine lees that are new (but then I feare you must get them of the merchants, for your Taverns do hardly afford any)

von

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you may keep your Quinces in them very fair and fresh all the yeare, and therein also you may keep your Barberries both full and fair coloured.

68. Keeping of Pomegranates.

MAke choice of such Pomegranats as are sound, and not prickt, as they term it; lap them over thinly with wax, hang them upon nails, where they may touch nothing, in some cupboard or closet in your bed chamber, where you keep a continuall fire; and every three or foure dayes turn the under sides uppermost: and therefore you must so hang them in pack-thred, that they may have a bow-knot at each end. This way Pomegranats haue beene fresh till Whitson tide.

69. Preserving of Artichokes.

Cut off the stalks of your Artichokes within two inches of the Apple:

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Apple : and of all the rest of the stalkes make a strong decoction, slicing them into thin and small slices, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in cold, to take away the bitterneſſe of them. This of M. *Parsons*, that honest and painefull practiser in this profession.

In a mild and warm winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to be gathered with their stalks in their full length as they grew : and making first a good thick lay of Artichoke leaves in the bottome of a large and great vessell, I placed my Artichokes one upon another, as close as I could couch them, covering them over a pretty thickneſſe with Artichoke leaves : those Artichokes were served in at my Table all the Lent after, the Apples being red and sound, onely the tops of the leaves a little vaded

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vaded which I did cut away.

70. Fruit preserved in pitch.

DWayberries, that doe somewhat resemble black Cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung up by their stalkes, will last a whole yeare. *Probat. per M. Parsons* the Apothecary. Prove what other fruits will also be preserved in this manner.

71. To make Clove or Cinamon Sugar

LAy pieces of Sugar in close boxes amongst sticks of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the spice. *Probat. in Cloves.*

72. Hasell

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72. Hasell Nuts kept long.

A Man of great yeares and experience assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt a foot or two in the ground: they keep best in gravelly or sandy places. But these Nuts I am sure, will yeld no oyle, as other Nuts will that wax dry in the shells with long keeping.


73. Chesnuts kept all the yeare.

After the bread is drawn, disperce your Nuts thinly over the bottom of the Oven, and by this meanes, the moisture being dryed up, the Nuts will last all the yeare: If at any time you perceive them to relent, put them into your Oven again, as before.

SECRET

SECRETS IN DISTILLATION.

1. *How to make true spirit of wine.*

 Take the finest paper you can get, or else some virgin parchment; straine it very right and stiffe over the glasse body, wherein you put your Sack, Malmsie, or Muscadine; oyle the paper or virgin parchment with a pencill moistened in the oyle of Ben, and distill it in balneo with a gentle fire, and by this meanes you shall purchase only the true spirit of wine. You shall not have above two or three ounces at the most out of a gallon of wine, which ascendeth in the forme of a cloud, without any dew

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dew or veines in the helme : lute all the joints well in this distillation. This spirir will vanish in the aire, if the glasse stand open.

2. *How to make the ordinary spirit of wine, that is sold for five shillings, and a noble a pinte.*

PUt Sack, Malmsie, or Muscadine into a glasse body, leaving one third or more of your glasse emptic, set it in a balneo, or in a pad of ashes, keeping a soft and gentle fire: draw no longer then till all or most part will burne away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helm : and if your spirit thus drawn hath any phlegme therein, then rectifie or re-distill that spirit again in a lesler body, or in a bolt receiver in stead of another body, luting a small head on the top of the

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steel thereof, and so you shall have a very strong spirit : or else , for more expedition, distill five or six gallons of wine by Limbeck ; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. Spirits of Spices.

Distill with a gentle heat, either in balneo, or ashes, the strong and sweet water, wherewith you have drawn oyle, of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stoppt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. Spirit of wine tasting of what Vegetables you please.

Macerate Rosemary , Sage , sweet Fennell seeds , Marjoram , Limon , or Orange pils , &c.
in

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in spirit of wine a day or two, and then dist. it over a gain; unlesse you had rather have it in his proper colour: for so you shall have it upon the first infusion, without any farther distillation: and some young Alchymists do hold these for the true spirits of Vegetables.

5. *How to make the water which is usually called Balm-water.*

TO every gallon of claret wine put one pound of green balm. Keep that which cometh first, and is cleereſt, by it ſelfe: and the ſecond and whiter ſort, which is weakeſt, and cometh laſt by it ſelfe: diſtill in a pewter Limbeck luted with paſte to a braſſe pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa Solis.*

TAke of the herbe *Rosa Solis*, gathered in July, one gallon,
E 3 prick

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pick out all the black moats from the leaves ; Dates halfe a pound ; Cinamon , Ginger , Cloves, of each one ounce ; grain s, halfe an ounce ; fine sugar, a pound and a halfe ; red Rose leaves, greene or dryed , foure handfuls : steep all these in a gallon of good *Aqua composita* , in a glasse close stopped with wax during twenty dayes : shake it well together once every two dayes. Your sugar must be powdered , your spices bruised onely , or grosse-ly beaten , your Dates cut in long slices , the stones taken away. If you adde two or three grains of Amber-greece , and as much Muske in your glasse among the rest of the ingredients , it will have a pleasant smell. Some adde the Gum-amber , with Corall and Pearle finely powdered, and fine leafe gold. Some use to boyle Ferdinando buck in Rose water , till they have purchased a faire deepe crimson colour : and when the same is cold , they colour

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lour their *Rosa solis* and *Aqua Rubra* therewith.

7. Aqua Rubra.

TAke of Musk six graines; of Cinamon and Ginger, of each one ounce; white Sugar-candy, one pound: powder the sugar, and bruise the spices grossely, bind them up in a clean linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt, twentie foure houres, shaking them together divers times: then put thereto of Turnesole one dram; suffer it to stand one houre, and then shake all together: then if the colour like you after it is settled, powre the cleereſt forth into another glasse: but if you will have it deeper coloured, suffer it to work longer upon the Turnesole.

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8. Doctor Steven's Aqua composita.

TAke a gallon of Gascoia wine, of Ginger, Galingale, Cinnamon, Nutmegs, and Grains, Anniseeds, Fennel-seeds and Carroway-seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lavender, of each a handfull; bray the spices small, and bruise the herbs, letting them macerate twelve houres, stirring it now and then: then distill by a Lymbbeck of pewter, keeping the first cleer water that cometh by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9. usque-bath or Irish Aqua vite

TO every gallon of good *Aqua composita*, put two ounces of chosen

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chosen Liquorice bruised, and cut into small pieces, but first cleansed from all his filth, and two ounces of Arnif-seeds that are clean and bruised: let them macerate five or six dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleer, dissolved in that cleere *Aqua vitæ* five or six spoonfulls of the best Malassoes you can get, (Spanish Cure, if you can get it, is thought better then Malassoes) then put this into another vessell, and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raisins of the Sun to this receipt. Those grounds which remaine you may re-distill, and make more *Aqua composta* of them, and of that *Aqua composta* you may make more Usque bath.

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10. Cinamon water.

HAVING a copper body or brasse pot that will hold twelve gallons, you may well make two or three gallons of Cinamon water at once. Put into your bodie over night six gallons of conduit water, and two gallons of spirit of wine; or, to save charge, two gallons of spirit drawn from wine lees, ale, or low wine, six pound of the best and largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coales, till the vessell begin to distill, then moderate your fire, so as your pipe may drop apace, and run triking into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot,
by

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by often change thereof : it must never be so hot , but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth , and wherein you finde either no taste , or very small taste of the Cinamon ; then may you boldly , after the spirit once beginneth to come strong of the Cinamon , draw untill you have gotten at the least a gallon in the receiver , and then divide often by halfe pints , and quarters of pints , lest you draw too long : which you shall know by the faint taste and milkie colour , which distilleth to the end : this you must now and then taste in a spoone. Now when you have drawn so much as you finde good , you may adde thereunto so much of your spirit that came before your Cinamon water , as the same will well beare , which you must finde by your taste. But if your spirit and your Cinamon be both good , you may of the
afore-

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aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon water. Here note, that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mix, begin with the last glasse first, and so with the next, because those have more taste of the Cinamon then that which came first; and therefore more fit to be mixed with your Cinamon water. And if you meane to make but eight or nine pints at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cinamon water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck be cleane, and have no manner of sent in it; but of Wine or Cinamon; and so likewise of the glasses funnels, and pots which you shall use about this worke.

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11. How to distill Isop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.

HAVING a large pot containing twelve or fourteen gallons, with a Lymbbeck unto it, or else a copper bodie, with a serpentine of twenty, or twenty four gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vite*, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, skilleth not greatly whether; let the herbs maccerate all night, and in the morning begin your fire; then distill as before in Cinamon water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer then you feele a strong and sensible taste of the

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the herb which you distill, alwayes dividing the stronger from the weaker, and by this meanes you shall purchase a water far excellling any that is drawn by a common pewter Still: you may also gather the oyle of each herb, which you shall finde fleeting on the top or summity of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oyle by distillation.

12. How to make the salt of herbs.

Burn whole bundles of dried Rosemary, Sage, Ilop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharp lee of those ashes, then evaporate that lee, and the residue or settling which you finde in the bottome thereof is the salt which you seeke for. Some use to filter this lee
divers

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divers times before evaporation, that their salt may be the cleerer and more transparent. This salt, according to the nature of the herb, hath great effect in physick.

13. Spirit of Honey.

PUt one part of Honey to five parts of water; when the water boileth, dissolve your honey therein, scum it, and having sodden an houre or two, put it into a wooden vessell, and when it is but blood warm, set it on work with yeast after the usuall manner of beer and ale; run it, and when it hath lien some time, it will yeeld his spirit by distillation, as wine, beere, and ale will do.

14. To distill Rose water at Michaelmas, and to have as good yeeld as at any other time of the yeare.

IN the pulling of your Roses, first divide all the blasted leaves; then take

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take the other fresh leaves , and lay them abroad upon your table or windowes , with some clean linnen under them , let them lie three or foure houres , or if they be dewy , untill the dew be fully vanished : put these Rose leaves in great stone pots , having narrow mouthes , and well leaded within , (such as the Gold-finers call their hookers , and serve to receive their *Aqua fortis* , be the best of all others that I know ;) and when they are well filled , stop their mouthes with good corkes , either covered all over with waxe or molten brimstone , and then set your pot in some coole place , and they will keepe a long time good , and you may distill them at your best leasure. This way you may distill Rose water good cheap. If you buy store of Roses , when you finde a glut of them in the Market , whereby they are sold for seven pence or eight pence the bushell , you then engrosse

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engrosse the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose vinegar, without the addition of any common vinegar. I have known Rose leaves kept well in Rondlets that have been first well seasoned with some hot liquor, and Rose leaves boyled together, and the same pitched over on the outside, so as no aire might penetrate or pierce the vessel.

15. A speedy distillation of Rose water.

S Tampe the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, then others doe with three or foure

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four Stills. And this water is every way as medicinable as the other, serving in all syrups, decoctions, &c. sufficiently; but not altogether so pleasing in smell.

16. *How to distill wine-vinegar, or good Aligar, that may be both cleere and sharp.*

I know it is an usull manner among the novices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters: but this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand and ashes. Note, that the best
part

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part of the vinegar is the middle part that ariseth ; for the first is faint and phlegmatick , and the last will taste of adustion , because it groweth heauy toward the latter end , and must be urged up with a great fire : and therefore you must now and then taste of that which commeth both in the beginning and towards the latter end, that you may receive the best by it selfe.

17. How to draw the true spirit of Roses, and so of all other herbs and flowers.

Macerate the Rose in his owne juice , adding thereto , being temperately warme , a convenient proportion either of yeast or ferment : leave them a few dayes in fermentation , till they have gotten a strong and heady smell, beginning to incline toward vinegar : then distill them in a balneo in glasse bodie luted to their helmes (haply a Limbeck

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beck will doe better, and rid faster) and draw so long as you finde any sent of the Rose to come : then re-distill or rectifie the same so often, till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses only, and after distill the same.

18. An excellent Rose water.

UPon the top of your glasse body straine an hair cloth, and upon that lay good store of Rose leaves, either dry or halfe dry; and so your water will ascend very good both in smell, and in colour. Distill either in balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves, This may also be done in a leaden Still, over which, by reason of the breadth, you may place more leaves.

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19. An excellent way to make the extract of all Vegetables.

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walm or two, then it will grow cleere: before it be cooled powre away the cleered filter with a peece of cotten, and then evaporate your filtered juice till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. To make a water smelling of the Eglantine, Gilliflowers, &c.

DRy the herb or flower, and distill the same in faire water in a Lim-

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a Limbeck, draw no longer then you finde sent in the water that issueth, re-iterate that water upon fresh herbs, and distill it as before, dividing the sweetest from the rest.

21. A Scotish band water.

Put thyme lavender and rosemary confusedly together, then make a lay of thick wine lees in the bottom of a stone pot, upon which make another lay of the same herbs, and then a lay of lees, and so forward: lute the pot well, bury it in the ground for six weeks, distill it, and it is called Dames-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. How to draw the blond of herbs.

Stamp the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herb only) nip or else lute the glasse

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glasse very well: digest it in balneo 15 or 16 dayes, and you shall finde the same very red: divide the waterish part, and that which remaineth is the bloud or essence of the herb.

23. *Rose water, and yet the Rose leaves not discoloured:*

YOU must distill in balneo, and when the bottome of your pewter Still is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and as soon as those are distilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new conclusion.

24. *How to recover Rose water, or any other distilled water that hath gotten a mother, and is in danger to mustie.*

INfuse your water upon fresh Rose leaves, or upon Rose cakes broken
all

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all in pieces, and then after maceration for three or foure hours with a gentle fire re-distill your water. Do this in a Limbeck : take heed of drawing too long for burning, unlessc your Limbeck stand in balneo.

25. To draw both good Rose water, and oyle of Roses together.

After you have digested your Rose leaves by the space of three moneths, *sicut ante nũmero 13.* either in barrells or hookers, then distill them with faire water in a Limbeck; draw so long as you can finde any excellent smell of the Rose, then divide the fatty oyle that flecteth on the top of the Rose water, and so you have both excellent oyle of Roses, and also good Rose water together, and you shall also have more water then by the ordinary way

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way : and this Rose water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, saving that you shall not neede to macerate the same above four and twenty houres in your water or menstruum before you distill. This oyle hath a most pleasing smell, in a manner equall with the oyle of Roses.

F

COOKE-

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1. *To soufe a young Pig.*

TAke a young pig, being scalded, boil it in faire water and white wine ; put thereto some Bay leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves : boyle it thorowly, and leave it in the same broth, in an earthen pot.

2. *Aliter.*

TAke a pig, being scalded: collar him up like Brawn, and lay your collars in faire clothes : when the flesh is boyled tender, take it out, and put it in cold water and salt, and that will

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will make the skin white; make sowing drink for it with a quart of white wine, and a pottle of the same broth.

3. To boyle a Flounder or Pickerell after the French fashion.

TAke a pint of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper seasoned with verjuice, salt, and a piece of sweet butter, and so serve it. This broth will serve to boyle fish twice or thrice in.

4. To boyle Sparrows or Larks.

TAke two ladders full of Mutton broth, a little whole Mace: put into it a peece of sweet butter, a handfull of Parsley, being picked: season it with Sugar; Verjuice, and a little Pepper.

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5. To

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5. To boyle a Capon in white broth.

BOyle your Capon by it selfe in fair water: hen take a ladle full or two of mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, a little marrow thicken it with Almonds, season it with sugar and a little verjuice: boyle a few Currants by themselves, and a Date quartered (lest you discolour your broth) and put it on the brest of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with cream, or with yolks of eggs; garnish your dishes on the sides with a Limon sliced, and sugar.

6. To boyle a Mallard, Teal, or Wygen.

TAke mutton broth, and put it into a pipkin: put into the bel-
lic

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lie of the fowl a few sweet herbs, and a little Mace : stick halfe a dozen of Cloves in his brest, thicken it with a toast of bread steeped in verjuice, season it with a little pepper, and a little sugar ; also one Onion minced small is very good in the broth of any water fowl.

7. To boyle a leg of Mutton after the French fashion.

TAKE all the flesh out of your leg of mutton, or at the butt end, preserving the skin whole, and mince it small with Oxe suet and marrow : then take grated bread, sweet cream, and yolks of egges, and a few sweet herbs ; put unto it Currants and Raisins of the Sun, season it with Nutmegs, Mace, Pepper, and a little sugar, and so put it into the leg of mutton again where you tooke it out, and stew it in a pot with a marrow bone or two : serve

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in the marrow bones with the stewed broth and fruit, and serve in your leg of Mutton dry with Carret roots sliced, and cast grosse Pepper upon the roots.

8. To boyle Pigs-petticoes on the French fashion.

BOyle them, and slice them, being first rouled in a little batter, your batter being made of the yolk of an egge, two spoonfulls of sweet cream, and one spoonfull of flower: make sawce for it with Nutmeg, Vinegar, and Sugar.

9. To boyle Pigeons with Rice.

BOyle them in Mutton broth, putting sweet herbs in their bellies: then take a little Rice, and boyle it in Cream, with a little whole mace; season it with Sugar, lay it thick on their breasts, wringing also the juice of

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of a Limon upon them, and so serve them.

10. *To boyle a chine of Veale or
Chicken in sharp broth
with herbs.*

TAke a little Mutton broth, white Wine, and Verjuice, and a little whole Mace : then take Lettuce, Spinage, and Parsley, and bruiſe it, and put it into your broth, ſeaſoning it with Verjuice, Pepper, and a little Sugar; and ſo ſerve it.

11. *To make Beaumanger.*

TAke the brawn of a Capon, toſe it like wooll; then boyle it in ſweet creame with the whites of two eggs, and being well boyled, hang it in a cloth, and let the whey run from it : then grinde it in an Alabaſter mortar with a wooden peſtle; then draw it thorow a thin ſtrainer

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with the yolks of two eggs, and a little Rose water ; then set it on a chafing dish with coales , mixing four ounces of sugar with it ; and when it is cold, dish it up like Almond-butter , and so serve it.

12. To make a Polonian Sawfedge.

TAKE the fillers of an Hog, chop them very small with a handfull of red Sage , season it hot with Ginger and Pepper , and then put it into a great sheeps gut ; then let it lie three nights in brine , then boyle it, and hang it up in a chimney where fire is usually kept : and these Sawfedges will last a whole yeare. They are good for sallads , or to garnish boiled meats , or to make one relish a cup of wine.

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13. To make tender and delicate Brawne.

Put collars of brawne in kettles of water, or other apt vessels, into an Oven, heated as you would for household bread: cover the vessels, and so leave them as long in the Oven, as you would doe a batch of bread. A late experience amongst Gentlewomen far excellling the old manner of boyling Brawne in great and huge kettles. *Quere*, if (putting your liquor hot into the vessels, and the Brawne a little boiled first) by this means you shall not give great expedition to your worke.

14. Paste made of Fish.

Incorporate the body of salt fish, Stock fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, isinglass. &c.
and

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and with propper spices agreeing with the nature of every severall fish; and of that paste mould off the shapcs and formes of little fishes; as, of the Roch, Dace, Perch, &c. and so by art you may make many little fishes out of one great and naturall fish.

15. *How to barrell up Oysters, so as they shall last for six moneths sweet and good, and in their naturall taste.*

OPen your Oysters: take the Liquor of them, and mix a reasonable proportion of the best white wine Vinegar you can get, a little Salt, and some Pepper; barrell the fish up in small caskes, covering all the Oysters in this pickle, and they will last a long time. This is an excellent meanes to convey Oysters unto dry townes, or to carry them in long voyages.

16. *How*

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*16. How to keep fresh Salmon a whole
moneth in his perfect taste
and delicacy.*

First see the your Salmon according to the usuall manner : then sinke it in apt and close vessels in wine Vinegar , with a branch of Rosemary therein. By this meanes Vintners and Cooks may make profit thereof when it is scarce in the Markets : And Salmon thus prepared , may be profitably brought out of Ireland, and sold in London, or else where.

*17. Fish kept long, and yet to eat
short and delicately.*

FRy your fish in oyle : some commend rape oyle, & some the sweetest Civill oyle that you can get : for the fish will not taste at all of the oyle
because

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because it hath a waterish body, and oyle and water make no true unity: then put your fish in white wine vinegar, and so you may keepe it for the use of your table any reasonable time.

18. How to keepe roasted beefe a long time sweete and wholesome.

THis is also done in wine vinegar, your peeces being not over great, and well and close barrelled up. This secret was fully proved in that honorable voyage unto Cales.

19. How to keep powdered beefe six or six weeks after it is sodden, without any charge.

WHen your beefe hath beene well and thorowly powdered by ten or twelve dayes space, then scethe it thorowly, dry it with a cloth,

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cloth, and wrap it in dry clothes, placing the same in close vessels and cupboards, and it will keepe sweete and sound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceit of the Authors, how beef may be carried at the sea, without that strong and violent impression of salt, which is usually purchased by long and extreame powdering.*

Here, with the good leave and favour of those courteous Gentlewomen, for whom I did principally, if not only, intend this little Treatise; I will make bold to lanch a little from the shore, and try what may be done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victuals, as for want of this skill
do

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doe oftentimes meerey perish, or
elſe by the extreame piercing of the
ſalt, doe loſe even their nutritive
ſtrength and vertue: and if any fu-
ture experience doe happen to con-
troule my preſent conceit, let this
excuse a Scholar, *Quod in magnis,
eſt valuisse ſatis.* But now to our
purpose r Let all the bloud be firſt
well gotten out of the Beeſe, by
leaving the ſame ſome nine or ten
dayes in our uſuall brine: then bar-
rell up all the pieces in veſſels full
of holes, faſtening them with
ropes at the ſterne of the ſhip, and
ſo dragging them thorow the ſalt
ſea water, (which, by this infinite
change and ſucceſſion of water, will
ſuffer no putrefaction, as I ſup-
poſe) you may haply finde your
beeſe both ſweet and ſavory enough
when you come to ſpend the ſame.
And if this happen to fall out true
upon ſome tryall thereof had, then
either at my next impreſſion, or
when I ſhall be urged thereunto
upon.

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upon any necessity of service, I hope to discover the means also whereby every ship may carry sufficient store of victuall for her selfe in more close and convenient carriages then those loose vessels are able to performe. But if I may be allowed to carry either roasted or sodden flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, either Beefe, Mutton, Capons, Rabbits, &c. both in a cheape manner, and as fresh as wee do now usually eat them at our tables. And this I hold to be a most singular and necessary secret for all our English Navie; which at all times, upon resonable termes, I will be ready to disclose for the good of my Country.

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21. *How to make sundry sorts of most dainty Butter, having a lively taste of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyles, with all necessary vessels, instruments, and other circumstances, by a most plain and familiar description, See my Jewell house of Art and Nature, under the Title of Distillation.

22. *How to make a larger and daintier Cheese of the same proportion of milk then is commonly used or known by any of our best Dairy women at this day.*

Having brought your milk into Curds by ordinary rennet, either break

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breake them with your hands according to the usuall manner of other Cheeses, and after, with a fltering dish, take away as much of the whey as you can; or else put the curds without breaking into your moate: let them so repose one houre, or two, or three; and then, to a Cheese of two gallons of milke, adde a weight of ten or twelve pound: which weight must rest upon a cover that is fit with the moat or case, wherein it must truly descend by degrees, as you increase your weight, or as the curds dee sinke and settle. Let your curds remaine so all that day and night following, untill the next morning: and then turne your Cheese or curds, and place your weight again thereon, adding from time to time some more weight, as you shall see cause. Note, that you must lay a cloth both under and over your curds at the least, if you will
not

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not wrap them all over , as they doe in other Cheeses , changing your cloth at every turning. Also if you will worke in any ordinary moate , you must place a round and broad hoop upon the moate , being just of the selfe same bignesse or circumference , or else you shall make a very thinne Cheese. Turne these Cheeses every morning and evening , or as often as you shall see cause , till the whey be all run out ; and then proceede as in ordinary Cheeses. Note , that these moates would be full of hoales , both in the sides and bottome , that the whey may have the speedier passage. You may also make them in square boxes full of holes , or else you may devise moates or cases , either round or square of fine wicker ; which , having wicker covers , may , by some sleight , be so stayed , as that you shall neede only morning and evening to
turne

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turne the wrong side upward, both the bottomes being made loose, and so close and firing. as they may sink truely within the meat or mould, by reason of the weight that lyeth thereon. Note, that in other Cheeses, the cover of the moate shutteth over the moate; but in these the covers descend, and fall within the moats. Also your ordinary Cheeses are more spongiuous and full of eyes then these, by reason of the violent pressing of them; whereas, these Cheeses settling gently and by degrees, doe cut as close and as firme as Marmelade. Also in those Cheeses which are pressed out after the usuall manner, the whey that cometh from them, if it stand a while, will carry a cream upon it, whereby the Cheese must of necessity be much lesse, and (as I ghesse) by a fourth part: whereas the whey that commeth from these new kinde of Cheeses

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Cheeses is like faire water in colour, and carryeth no strength with it. Note also, that if you put in your curds unbroken, not taking a way the whey that issueth in the breaking of them, that so the Cheeses will yet be so much the greater: but that is the more troublesome way, because the curds being tender, will hardly endure the turning, unlessse you be very careful. Suppose, that the Angellores in France may be made in this manner in small baskets; and so likewise of the Parmeesan: and if your whole Cheeses consist of unflattened milke, they will be full of butter, and eat most daintily, being taken in their time, before they be too dry: for which purpose you may keep them, when they begin to grow dry, upon greene rushes or nettles. I have robbed my wifes Dairy of this secret, who hath hitherto refused all recompence that have bene offered her

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her by Gentle-women for the same, and had I loved Cheese my selfe so well as I like the receipt, I think I should not so easily have imparted the same at this time. And yet I must needs confesse, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have beene willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crownes and angels. And therefore let so Gentle-woman think this booke too deer, at what price soever it shall be valued upon the sale thereof: neither can I esteeme the work to be of lesse then twenty yeeres gathering.

23. Clouted cream.

TAke your milk being new milked, and presently set it upon the fire, from morning untill the evening.

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evening, but let it not seethe: and this is called my Lady Youngs clowted creame.

24. Flesh kept sweete in Summer.

YOU may keep Veal, mutton, or Venison in the heat of Summer nine or ten dayes good, so as to be newly and fair killed, by hanging the same in an high and windy roome. (And therefore a plate cupboard full of holes, so as the winde may have a thorow passage, would be placed in such a room, to avoid the offence of Fly-blows.) This is an approved secret easie and cheap, and very necessary to be known and practised in hot and rainting weather. Veal may be kept ten dayes in bran.

25. Mustard-meale.

IT is usuall in Venice to sell the meal of Mustard in their Markets,
as

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as we do flower and meale in England: this meale, by the addition of vinegar, in two or three dayes becometh exceeding good mustard; but it would be much stronger and finer, if the husks and huls were first divided by searce or boulter: which may easily be done, if you dry your seeds against the fire before you grind them. The Dutch iron hand-mills, or any ordinary Pepper-mill may serve for this purpose. I thought it very necessary to publish this manner of making your sawce, because our mustard, which we buy from the Chandlers at this day, is many times made up with vile and filthy vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. *How to avoid smok in broyling
of Bacon, Carbonada, &c.*

MAke little dripping-pan of paper, pasting up the corners with starch

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starch or paste : wet them a little in water, (but Pope *Pius Quintus* his Cooke will have them touched over with a feather first dipped in oyle or molten butter :) lay them on your grid iron, and place therein your slices of Bacon, turning them as you see cause. This is a cleanly way, and avoideth all smoak. In the same manner you may also broyle thin slices of Polonian Sawledges, or great Oysters ; for so were the Popes Oysters dressed. You must be carefull that your fire under the grid-iron flame not, lest you happen to burne your dripping pans : and therefore all cole brands are here seclused.

27. The true bottling of Beere

WHen your Beere is ten or twelve dayes old, whereby it is growne reasonable cleere, then

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then bottle it, making your corks very fit for your bottles, and stop them close: but drink not of this beere, till they begin to worke again, and mantle, and then you shall find the same most excellent and spritely drink: and this is the reason why bottle ale is both so windy and muddy, thundering and smoaking upon the opening of the bottle, because it is commonly bottled the same day that it is laid into the seller; whereby its yest, being an exceeding windy substance, being also drawn with the ale not yet fined, doth incorporate with the drink, and maketh it also very windy: and this is all the lime and gun-powder wherewith bottle ale hath beene a long time so wrongfully charged.

28. *How to help your bottles when they are musty.*

Some put them in an oven when the bread is newly drawn, closing
G up

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up the oven, and so let them rest till morning. Others content themselves with scalding them in hot liquor only till they be sweet.

29. How to breake whites of eggs speedily.

A Fig or two shred in pieces, and then beaten amongst the whites of eggs will bring them into an oyle speedily : some breake them with a stubbed rod ; and some by wringing them often thorow a sponge.

30. How to keep flies from oyle peeces,

A Line lined over, and strained about the crest of oyle peeces or pictures, will catch the flies, that would otherwise deface the pictures. But this Italian conceit, both for the rarenesse and use thereof, doth please

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please me above all other; *viz.* Prick a cucumber full of barley cornes, with the small spring ends outward: make little holes in the eucumber first with a wooden or bone bodkin, and after put in the grain: these, being thick placed, will in time cover all the cucumber, so as no man can discern what strange plant the same should be. Such cucumbers are to be hung up in the midst of Summer rooms, to draw all the flies unto them, which otherwise would flie upon the pictures or hangings.

31. *To keep Lobsters, Crabfishes, &c.
sweet and good for some
few dayes.*

THese kinds of fish are noted to be of no durability or lasting in warme weather: yet to prolong their dayes a little, though I feare I shall raise the price of them by the

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discovery amongst the Fishmongers (who only in respect of either speedy decay, doe now and then afford a penny worth in them) if you wrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine own experience, that you shall finde your labour well bestowed; and the rather, if you lay them in severall clothes, so as one doe not touch the other.

32. Divers excellent kindes of bottle Ale.

I Cannot remember that ever I did drink the like sage Ale at any time, as that which is made by mingling two or three drops of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another:

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ther : and this way a whole stand of Sage ale is very speedily made. The like is to be done with oyle of Mace or Nutmegs. But if you will make a right Gossips cup, that shall farre exceed all the Ale that ever Mother *Bunch* made in her life time, then in the bottling up of your best Ale, run halfe a pint of white Ipocrasse that is newly made, and after the best receipt, with a pottle of Ale : stop your bottle close, and drink it when it is stale, Some commend the hanging of roasted Orenge prickt full of Cloves in the vessell of Ale, till you find the taste thereof sufficiently graced to your own liking.

33. *How to make worme-wood wine
very speedily, and in great
quantitie.*

TAke small Rochell or Coniack wine, put a few drops of the
G 3 extra-

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extracted oyle of wormwood therein : brew it together (as before is set down in bottle Ale) out of one pot into another, and you shall have a more neat and wholsome wine for your body, then that which is sold at the Still-yard for right wormwood wine.

34. *Rose water and Rose vinegar of the colour of the Rose, and of the Cowslip, and Violet vinegar.*

IF you would make your Rose water and Rose vinegar of a ruby colour, then make choice of the crimson velvet coloured leaves, clipping away the whites with a paire of sheeres; and being thorow dryed, put a good large handfull of them into a pint of Damaske or red Rose-water: stop your glasse well, and set it in the Sun till you see that the leaves have lost their colour: or, for more expedition, you may performe this worke in balneo in a few houres, and

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and when you take out the old leaves, you may put in fresh, till you find the colour to please you. Keep this Rose water in glasses very well stoppt; the fuller the better. What have I said of Rose water, the same may also be intended of Rose vinegar, Violet, Marigold and Cowslip vinegar; but the whiter vinegar you chuse for this purpose, the colour thereof will be the brighter; and therefore distilled vinegar is best for this purpose, so as the same be warily distilled with a true division of parts, according to the manner expressed in this book in the distillation of vinegar.

39. To keep the juice of Oranges and Limons all the yeare for sauce, Julips, and other purposes.

EXpresse their juice, and passe it thorow an lpcrassie bagge, to clarifie it from its impurities;
G 4 then

Cookery and Huswifery.

then fill your glasse almost to the top ; cover it closely, and let it stand so till it have done boyling : then fill up your glasse with good sallet oyle, and set it in a coole closet or buttery where no Sun commeth : The aptest glasses for this purpose are straight upright ones, like to our long beere glasses, which would be made with little round holes within two inches of the bottome to receive apt sawcers, and so the grounds or lees would settle to the bottome, and the oyle would sink downe with the juice so cleerely, that all putrefaction would be avoided : or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a sawcer well in the hole. You may also in this manner reserve many juices of herbs and flowers.

And because that profit and skill united do grace each other, if (courtous Ladies) you will lend eares, and follow my direction, I will here furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Orenge at an easie price. About Alhollantide, or soone after, you may buy the inward pulp of Civill Orenge, wherein the juice resteth, of the Comfit-makers for a small matter, who doe only and principally respect their rindes to preserve and make Oringeadoes withall. This juice you may prepare and reserve as before.

*36. How to purifie and give an
excellent smell and taste
unto Sallet oyle.*

Put Sallet oyle into a vessel of wood or earth, having a hole in the bottome: to every foure quarts of water adde one quart of oyle, and with a wooden spoone or spattle, beat them well together for a quar-

Cookery and Huswifery.

ter of an houre, then let out the water, preventing the oyle from issuing by stopping of the hole : repeat this work two or three times , and at the last you shall finde your oyle well cleanked or clarified. In this manner you may also clarifie capons grease, being first melted, and working with warm water : All this is borrowed of *M. Bartholomæus Scapius*, the Master Cook of Pope *Pius Quintus* his privie Kitchen. I think, if the last agitation were made in Rose water, wherein also Cloves or Nutmegs had been macerated, that so the oyle would be yet more pleasing.

Or if you set a jarre-glasse in balneo, full of sweet oyle, and some store of bruised Cloves, and rindes of Civill Orenge or Limons also therein, and so continue your ste for two or three houres, and then letting the Cloves and rindes remaine in the oyle till both the sent and taste doe please you : I think many men which at this day doe loath oyle (as
I my

Cookery and Huswifery.

I my selfe did not long since) would be easily drawn to a sufficient liking therof.

37. *How to clarifie, without any distillation, both white and claret wine vinegar for gellies or sauces.*

TO every six pints of good wine vinegar put the whites of two new laid egges well beaten : then put all into a new leaden pipkin, and cause the same to boile a little over a gentle fire; then let it run thorow a course gelly-bag twice or thrice, and it well be very cleere, and keep good one whole yeere.

38 *To make a most delicate white salt for the table.*

First calcine or burne your white salt; then dissolve it in cleer conduit water;

Cookery and Huswifery.

water : let the water stand without stirring fortieeight hours : then carefully draw away all the cleere water only : filter it , and after evaporate the filtred liquour, reserving the salt. Some leave out calcination.

39. A delicate candle for a Ladies Table.

CAuse your Dutch candles to be dipped in Virgin-waxe , so as their last coat may bee meerely wax ; and by this meanes you may carry them in your hand without melting , and the sent of the tallow will not breake thorow to give offence ; but if you would have them to resemble yellow wax candles, then first let the tallow be coloured with Turmerick boyled therein, and strained ; and after your candles have been dipped therein to a sufficient greatnesse , let them take their last
coate

Cookery and Huswifery.

coat from the yellow : this may be done in a great round cane of tin-plate, having a bottome, and being somewhat deeper then the length of your candles : and as your wax spendeth : you may still supply it with more.

- 40. *How to hang your Candles in the ayre without candlesticks.*

THis will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyre be conveyed in the midst of every wicke, and left of some length aboue the candle, to fasten the same to the posts in the roose of your house : and if the roome be any thing high roofed, it will be hardly discerned ; and the flame, though it consume the tallow, yet it will not melt the wyar.

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41. *To make Rose vinegar.*

Macerate or steepe Rose leaves
in faire water, let them lye
therein till they waxe sower in
smell and then distill
the water.

SWEET

SWEET POVVDERS, OINTMENTS, BEAUTIES,&c.

1. *An excellent Damask powder.*

You may take of yroes
halfe a pound, Rose
leaves foure ounces,
Cloves one ounce,
Lignum Rhodium
two ounces, Storax
one ounce and a half,
Musk and Civit, of each ten grains;
beat and incorporate them well to-
gether.

2. *An excellent hand-water, or wash- ing water, very cheap.*

Take a gallon of faire water, one
handfull of Lavender flowers,
a few Cloves, and some Orace
powder,

Sweet Powders,

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a bason of faire water for your table.

3. A ball to take staines from Linnen.

TAke foure ounces of white hard soape, beate it in a mortar with two small Limons sliced, and as much roch Allome as an hassell Nut, roule it up in a ball; rub the staine therewith; and after fetch it out with warme water, if need be.

4. A sweet and delicate Pomander.

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce: Muske, six grains; Civer, six grains:

Oyntments, Beauties, &c.

graines ; Amber greese, six grains : of Calamus, Aromaticus , and Lignum Aloes, of each the weight of a groat: beat all these in a hot mortar, and with an hot pestle , till they come to paste ; then wet your hand with rose water, and roule up the paste suddenly.

5. *To take staines out of ones hands presently.*

YOU may doe this with the juice of Sorrell , washing the stained place therein.

6. *To take away spots and freckles from the face or hands.*

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glasse set under the boring thereof to receive the same , doth performe the same most excel-

Sweet Powders,

excellently, and maketh the skinne very cleere. This sap will dissolve pearle; a secret not knowne unto many.

7. A white fucus or beauty for the face.

THe jaw bones of an hog or Sow well burnt, beaten, and sear'd thorow a fine Seacre, and after, ground upon a porphyrie or serpentine stone, is an excellent fucus, being laid on with the oyle of white Poppy.

8. A delicate washing ball.

TAke three ounces of Orace half an ounce of Cypresse, two ounces of Calamus Aromaticus, one ounce of Rose leaves, two ounces of Lavender flowers; beat all these together in a mortar, searcing them thorow a fine Seacre; then scrape some
castill-

Oyntments, Beauties, &c:

castill sope, and dissolve it with some Rose water; then incorporate all your powders therewith, by labouring them well in a mortar.

9. Damaske powder.

TAke five ounces of Orace, two ounces of Cypressie, two ounces of Calamus, halfe an ounce of Cloves, one ^{ic} ounce of Benjamin, one ounce of Rose ^{leaves}, one ounce of Storax calamitum, halfe an ounce of Spike flowers: mix them well together.

To. *To keep the teeth both white and sound.*

OF honey take a quart, as much vinegar, and halfe so much white wine: boyle them together, and wash your teeth therewith now and then.

II. To

Sweet Powders,

11. To allay heat, and cleere the face.

TAKE three pints of conduit water, boyle therein two ounces of French barley; change your water, and put in the barley again: repeat this so long, till your water puchae no colour from the barley, but be very cleere: boyle the last three pints to a quart; then mixe halfe a pint of white wine therein; and when it is cold, wring the juice of two or three good Limons therein; and use the same for the morpew, heat of the face or hands, and to cleere the skin.

13. The skin of a child kept white and cleere.

WASH the face and bodie of a sucking childe with brest-milke, or Cow-milke mixed with water.

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water every night, and the child's skin will wax faire and cleere, and resist Sun burning.

14. An excellent Pomatum to cleer the skinne.

W Ash Barrowes grease oftentimes in May dew that hath beene clarified in the Sun till it be exceeding white : then take marsh-mallow roots , scraping off the outsidess : then make thinne slices of them , and mixe them ; set them to macerate in a seething Balneo, and scum it well till it be thorowly clarified , and will come to rope : then strain it , and put now and then a spoonefull of May dew therein , beating it till it be thorow cold in often change of May dew : then throw away that dew , and put it in a glasse , covering it with May dew : and so reserve it to your use. Let the mallow roots be two or three dayes dried

Sweet Powders

dryed in the shade before you use them, This I had of a great professour of Art, and for a rare and dainty secret, as the best fucus this day in use.

14. Another minerall fucus for the face.

INcorporate with a wooden pestle, and in a wooden mortar with great labour, foure ounces of sublimate, and one ounce of crude Mercury, at the least six or eight houres, (you cannot bestow too much labour herein:) then, with often change of cold water, by ablution in a glasse, take away the salts from the sublimate: change your water twice every day at the least; and in seven or eight dayes (the more the better) it will be dulcified; and then it is prepared. Lay it on with the oyle of white Poppy.

15. To

Oyntments, Beauties, &c.

15. *To take away Chilblains out
of the hands or feet.*

BOyle halfe a peck of oats in a quart of water till they wax dry; then, having first anointed your hands with some good Pomatum, and well chafed them, hold them within the oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the oats. Doe this three or foure times, and you shall finde the effect. The same oats will serue to be sodden with fresh water three or foure times.

16. *To help a face that is red
with pimples,*

Dissolve common salt in the juice of Limons, and with a linnen

Sweet Powders,

linnen cloth, pat the patients face that is full of heate or pimples. It cureth in a few dressings.

17. Aliter.

TAke of those little wheelks or shels which some do call ginny money; wash five or six of them, and beat them to fine powder, and infuse the juice of Limons upon them, and it will presently boyle: but if it offer to boyle out of your glasse, then stop the mouth thereof with your finger, or blow into it. This will in a short time be like an ointment, with which you must anoint the heat of pimples on the face often times in a day, till you finde help. As the oyntment dryeth, put more juice of Limons to it. This of an outlandish Gentle woman; and it is an assured remedy, if the heate be not very extreme. Some have found by experience, that bathing
of

Oyntments, Beauries, &c.

of the face with hot vinegar every night when they goe to bed, doth mightily repell the humour.

18. Aliter.

Quillt bay salt well dryed and powdered in double linnen socks of a pretty bignesle; let the patient weare them in wide hose & shooes day and night, by the space of fourteen dayes, ortill hee be well: every morning and evening let him dry his socks by the fire, and put them on again.

This helped M. Foster, an Essex man, and an Atturney of the common Pleas within these few yeares, but now deceased; whose face was for many yeares together of an exceeding high and turions colour, of my own knowledge, and hath spent much money in physick without any successe at all, untill hee obtained

H

this

Sweet Powders,

this remedy. The patient must not take any wet of his feet during the cure.

19. Aliter & optimè.

TAke halfe a pound of whize distilled vinegar, two new-laid egges with their shels, two spoonfulls of the flowers of brimstone : let these macerate in the vinegar by the space of three dayes : then take out the egges, and prick them full of holes with a needle ; but not too deepe, lest any of the yolke should happen also to issue : let that liquor also mixe with the vinegar, then straine all thorow a fine cloth, and tie up the brimstone in a cloth, like a little ball ; dip this ball in the strained liquor when you use it, and pat it on the place three or foure times every day : and this will cure any red face in twelve or fourteene dayes

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dayes. Some doe also commend the same for an approved remedy against the Morpew. The brimstone ball must be kept in some close thing from the ayre.

20. *How to take away any pimple from the face.*

Brimstone ground with the oyle of Turpentine, and appled unto any pimple one houre, maketh the flesh to rise spongius: which being anointed with the thick oyle of Butter that ariseth in the morning from new milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skin behinde. This is a good skinning salve.

H. E. 21. 70

Sweet Powders,

21. *To help any morpew, Sun-
burning, itch, or red
face,*

STeep two sliced Limons, being large and faire, in a pint of conduit water: leave them foure or five dayes in infusion, covering the water; then straine the water, and dissolve therein the quantity of a hazell nut of sublimat (some hold a dram a good proportion to a pint of water) finely powdered: let the patient wet a clorb therein, and rub the place where the grief is every morning and evening a little, till the hiew doth please her. You may make the same stronger or weaker, according to good discretion.

22. *For the Morpew:*

TAke a pint of distilled vinegar
lay therein two new laid egges
whole

Oyntments, Beauties &c.

whole with their shels, three yellow dock roots picked and sliced, two spoonfuls of the flower of brimstone, and so let all rest three dayes, and then use this liquor, with a cloth rubbing the place three or foure times every day; and in three or foure dayes it commonly helpeth, put some brān in your cloth before you moisten your cloth therein, binding it up in forme of a little ball.

This of Master *Rich*, of *Lee*, who helped himselfe and a gallant Ladie therewith in a few dayes.

23. To take away the freckles in the face.

WAsh your face in the wane of the Moone with a sponge morning and evening with the distilled water of Elder leaves, letting the same dry into the skin. Your water must be distilled in May. This

Sweet Powders,

from a Traveller, who hath cured himselfe thereby.

*24. To cure any extreame bruise
upon a sore fall on the face,
or any other member
of the body.*

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the patient standing nere the fire for one houre and a halfe, or till the swelling be cleane abated. This I know proved with good successe in a maid that fell downe a pair of staires, whereby all her face was extreamely disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which doe accustomedly follow all bruises, shred the root of a green or growing flower-

Oyntments, Beanties &c.

flower-deluce : beat it with red Rose water , and grinde it till it come to a salve : apply the same, and in few houres it takes away all the colours : but if it lie too long , it will raise pimples; and therefore so soone as the colours be vanished, immediately remove the salve.

25. How to keepe the teeth cleane.

CAlcine the tops and branches of Rosemary into ashes , then to one part thereof put one part of burnt Allome : mix them well together , and with thy finger , first moistened a little with thy spittle , rub all thy teeth over a pretty while every morning till they bee cleane , but not to galling of thy gummies : then sup up some faire water or white wine , gargling the same up and downe thy mouth a
H 4 while

Sweet Powders,

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfull gatherer of physickall receeits.

26. Sweet and delicate dentifrices, or rubbers for the teeth.

Dissolve in foure ounces of warm water three or foure drammes of gumme dragagant, and in one night this will become a thick substance like gelly; mingle the same with the powder of Alablafter finely ground and searced, then make up this substance into little round rouses, of the bignesse of a childes arrow, and foure or five inches in length. Also if you temper Roses, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose water, Civet, or Muske. But if your teeth
Slide be

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be very scaly, let some expert Barber first take off the scales with his instruments, and then you may keepe them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experience that I have scene in some of my neereſt friends, I am inforced to admonish all Gentle-women to be carefull how they suffer their teeth to be cleansed and made white with any *Aqua fortis* which is the Barbers usuall water: for unlesse the same be both well allayed, and carefully applyed, there may happen within a few dressings to be forced to boerow a rank of teeth to eat her dinner, unlesse her gums doe help her the better.

27. A delicate stove to sweat in.

I know that many Gentle-women,
as well for the cleering of their
H 5 skins,

Sweet Powders,

skins as cleansing of their bodies,
doe now and then delight to sweat.
For the which purpose, I have set
downe this manner following, as the
best that ever I observed: Put into
a brasie pot of some good content,
such proportion of sweet herbs, and
of such kinde as shall bee most ap-
propriate for your infirmitie, with
some reasonable quantitie of water,
close the same with an apt cover,
and well luted with some paste made
of flower and whites of egges: at
some part of the cover you must let
in a leaden pipe (the entrance where-
of must also be well luted:) this
pipe must be conveyed thorow the
side of the chimney, where the pot
standeth in a thick hollow stake of
a bathing tub crossed with hoops
in the top, according to the usuall
manner, which you may cover with
a sheet at your pleasure. Now, the
steame of the pot passing thorow the
pipe under the halfe bottome of the
bathing tub, which must be bored
full

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full of bigg holes, will breathe so sweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you sit therein) you shall sweat most temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would be close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilest your body is made open and porous to the ayre.

28. *Divers sorts of sweet hand-
waters; made suddenly, or
ex tempore, with ex-
tracted oyles of
Spices.*

First, you shall understand, that
whersoever you shall draw any
of

Sweet Powders,

of the aforesaid oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table, yea, some doe keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you tak three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs, (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your self of sweet water of severall kindes, before such time as your guests shall be ready to sit down. I speak not here of the
oyle

Oyntments, Beauties, &c.

oyle of Spike, (which will extend very farre this way) both because every Gentle woman doth not like so strong a sent, and for that the same is elsewhere already commended by another Authour. Yet I must needs acknowledge it to be the cheaper way, for that I assure my self, there may be five or six gallons of sweet water made with one ounce of the oyle which you may buy ordinarily for a great at the most.

*29. An excellent sweet water for
a casting bottle.*

TAke three drams of the oyle of Spike, one dram of oyle of Thyme, one dram of oyle of Limons, one dram of oyle of Cloves, then take one graine of Civet and three grains of the aforesaid composition well wrought together : temper them well in a silver spoone with your finger ; then put the same into a
silver.

Sweet Powders,

silver bowle, washing it out by little and little into the bowle with a little Rose water at once, till all the oyle be washed out of the spoone into the bowle : and then doe the like by washing the same out of the bowle with a little Rose water at once, till all the sent be gotten out, putting the Rose water still in a glasse, when you have tempered the same in a bowle sufficiently. A pint of Rose water will be sufficient to mingle with the said proportion : and if you find the same not strong enough of the Civer, then you may to every pint put one graine and a halfe, or two grains of Civer to the weight of three grains of the asoresaid composition of oyles,

30. *To colour a black haire presently into a Chesnut colour.*

THis is done with oyl of Vitriol; but you must do it very carefully, not touching the skin.

Oyntments, Beauties, &c.

31. *A present and delicate
perfume.*

Lay two or three drops of Liquid Amber upon a glowing coale, or a piece of Lignum Aloes, Lignum Rhodium or Storax.

32. *To renew the sent of a
Pomander.*

TAke one graine of Civet, and two of Muske, or if you double the proportion it will be so much the sweeter : grinde them upon a stone with a little Rose water ; and after, wetting your hand with Rose water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander : but my intention is honest.

33. *How*

Sweet Powders,

33. How to gather and clarifie May dew.

WHen there hath fallen no rain the night before, then with a cleane and large sponge, the next morning you may gather the same from sweet herbs, grasse, or corn: straine your dew, and expose it to the Sun in glasses covered with papers or parchment pricked full of holes; straine it often, continuing it in the Sun and in an hot place till the same grow white and cleere, which will require the best part of the Summer.

Some commend May dew gathered from fennell and Celandine, to be most excellen: for sore eyes: and some commend the same (prepared as before) above Rose water, for preserving of fruits, flowers, &c.

43. Divers

Oyntments, Beauties, &c.

34. *Diverse excellent sents for Gloves,
with their proportions, and other
circumstances: with the
manner of per-
fuming.*

THe Violet, the Orenge, the Li-
mon, duely proportioned with
other sents, performe this well; so
likewise of Labdanum, Storax, Ben-
jamin.

The manner is this: First, lay
your Amber upon a few coales till it
begin to crack like lime: then let it
coole of it selfe, taking away the
coales; then grinde the same with
some yellow Ocre, till you perceive
a right colour for a glove; with this
mixture wash over your glove with
a little haire brush upon a smooth
stone in every seame, and all over,
then hang your gloves to dry upon
a line, then with gum Dragagant
dissolved in some Rose water, and
ground with a little oyle de Ben, or of
sweet

Sweet Powders,

sweet Almonds upon a stone : strike over your gloves in every place with the gum and oyle so ground together : doe this with a little sponge , but be sure the gloves be first thorowly dry , and the colour well rubbed and beaten out of the glove : then let them hang again till they be dry , which will bee in short time. Then if you will have your glove to lie smooth and faire in shew, goe over it againe with your sponge, and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose water , and with a very little piece of a sponge take up the composition by a little and a little ; and so lay it upon your glove lying upon the stone. Pick and straine your gum Dragagant before you use it. Perfume but the one side of your glove at once , and then hang it up to dry , and then finish the other side. Ten grains of Musk will
give

Oyntments, Beanties, &c.

give a sufficient perfume to eight paire of gloves. Note also, that this perfume is done upon a thin Lambs leather glove; and if you work upon a Kids skin, or Goats skin, which is usuall leather for rich perfumes, then you must adde more quantity of the oyle of Ben to your gum, and go over the gloue twice therewith.

35. Sweet bags to lie among Linnen.

Fill your bags only with Lignum Rhodium finely beaten and it will give an excellent sent to your linnen,

36. To make haire of a faire yellow or golden colour.

THe last water that is drawne from honey, being of a deepe red colour, performeth the same excel-

Sweet Powders,

excellently, but the same hath a strong smell, and therefore must bee sweetned with some aromaticall body.

Or else the haire being first clean washed, and then moistened a pretty while by a good fire in warme Allome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the bark of the Barberry tree; and so it will receive a most faire and beautifull colour.

The Dog-berry is also an excellent berry to make a golden liquor with. all for this purpose, beate your Allome to powder, and when the water is ready to seethe, dissolve it therein, four ounces to a pottle of water will be sufficient, let it boyle a while, strain it, and this is your Allome liquor wherewith you must first prepare the haire.

37. *How to colour the head or beard
into a Chesnut colour in halfe
an houre*

TAke one part of Lead calcined with Sulphur, and one part of quick lime; temper them somewhat thin with water: lay it upon the hair, chafing it well in, and let it dry one quarter of an houre, or there about; then wash the same off with fair water divers times; and lastly, with sope and water, and it will be a very naturall haire colour: The longer it lieth upon the hair, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the haire.

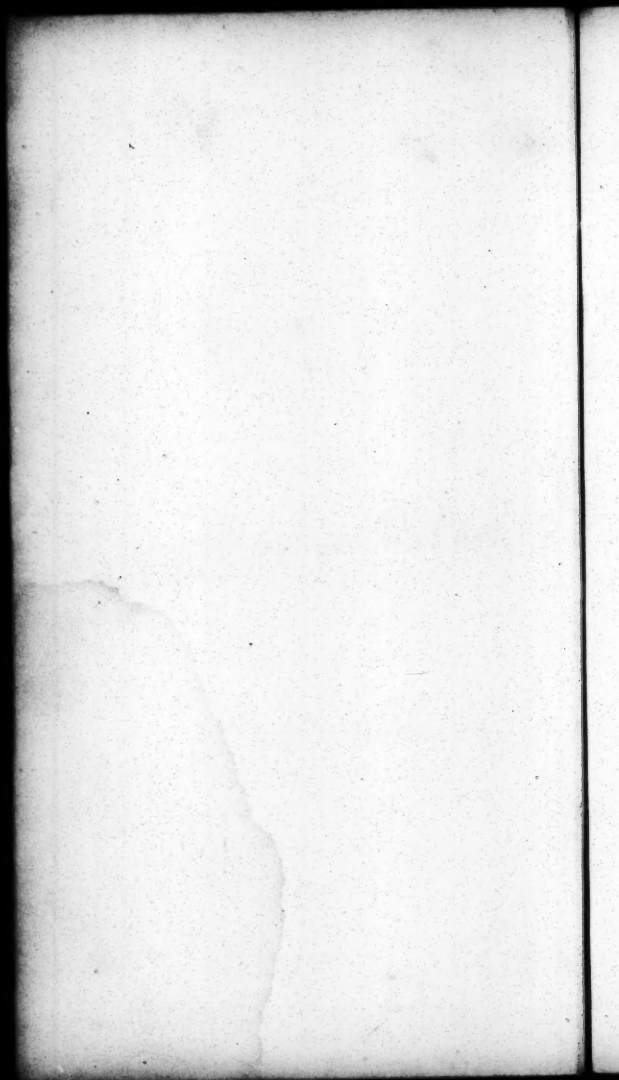
Sæpius expertum.

FINIS.

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